YOWZA
FITNESS

JUPITER PLUS

Assembly Instructions

and

Owners Manual

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1. PRECAUTIONS · · ·

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 300lbs/136kg, it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

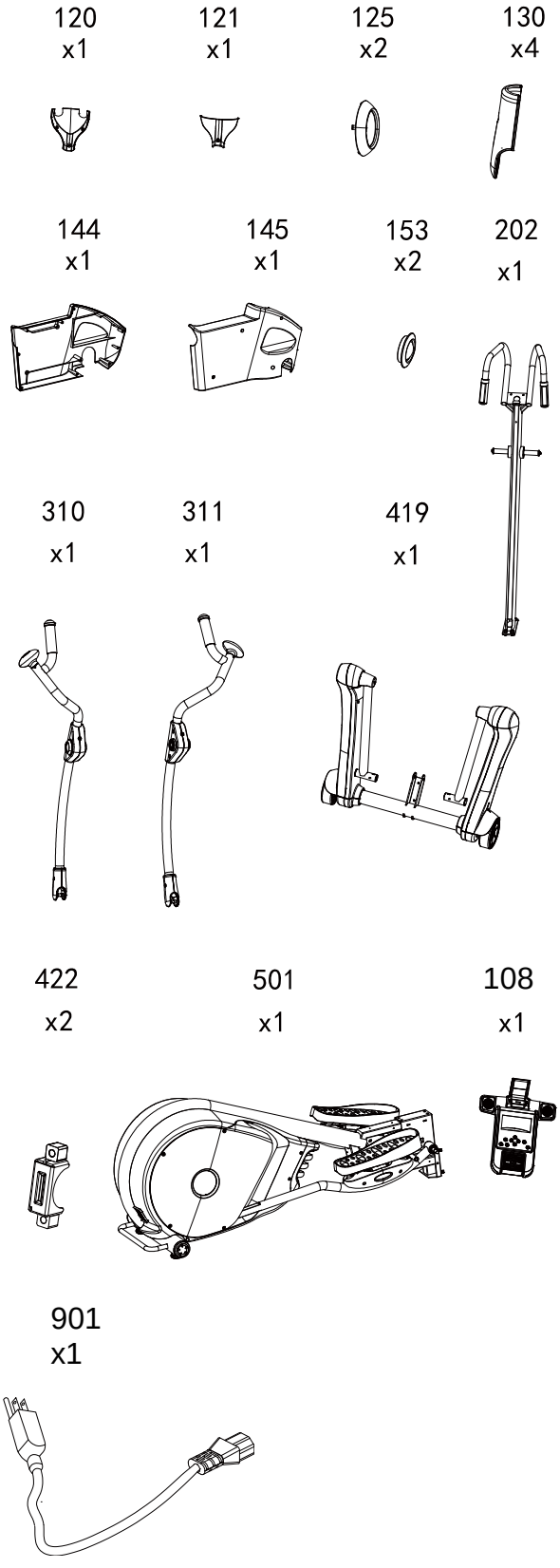
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 330lbs/150 kg.
Product-Performance: This ergometer is speed independent, i.e. the performance is independent from pedal frequency.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 330lbs/150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

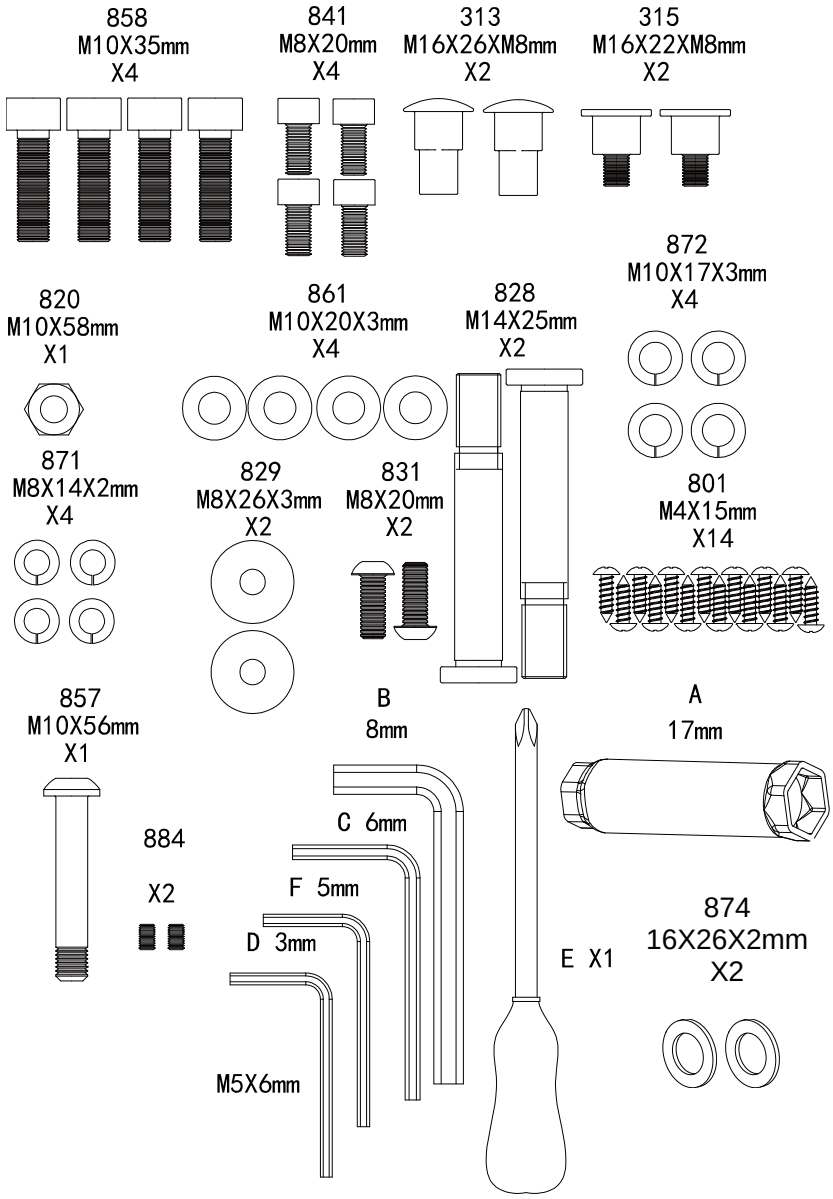
No.	Description	Qty.
120	Console Side Cover - Front	1
121	Console Side Cover - Rear	1
125	Action Handlebar Cap	2
130	Action Handlebar Lower Cover	4
144	Undercarriage Cover – Left	1
145	Undercarriage Cover – Right	1
153	Pedal Arm Front Pivot Cover	2
202	Console Support Tube	1
310	Action Handlebar – Left	1
311	Action Handlebar – Right	1
419	Incline Frame	1
422	Incline Frame Holder – Rear	2
501	Main Frame	1
108	Console assembly	1
901	Power cord	1

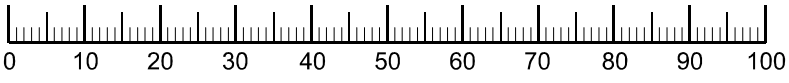


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
858	M10x35mm Bolt	4
841	M8x20mm Bolt	4
313	M16x26xM8mm Bolt	2
315	M16x22xM8mm Bolt	2
820	M10x58mm Nut	1
861	M10x20x3mm Washer	4
828	M14x25mm Bolt	2
872	M10x17x3mm Washer	4
857	M10x56mm Bolt	1
871	M8x14x2mm Washer	4
829	M8x26x3mm Washer	2
831	M8x20mm Bolt	2
801	M4x15mm Screw	14
884	M5x6mm Bolt	2
874	Washer ∮16X26X2mm	2
A	17mm Socket	1
B	8mm Allen Key	1
C	6mm Allen Key	1
D	3mm Allen Key	1
E	Screw driver	1
F	5mm Allen Key	1





MILLIMETERS

PART LIST

Part No.	Part name	Quantity
101	iPod support seat	1
102	Speaker	2
103	Overlay	1
104	Cushion	1
106	Speaker Cover	2
107	Speaker Bracket Cover	1
108	Console Housing – upper	1
109	Console Housing – lower	1
111	Console Side Cover - L	2
112	Console Side Cover - R	1
113	Fan non-slip mat	1
114	Fan Cover – Upper	1
115	Fan Cover – Lower	1
116	Fan Holder Ring	2
117	Tablet Holder	1
119	Fix Handlebar Foam Grip- 23X3X585	2
120	Console Side Cover - Front	1
121	Console Side Cover - Rear	1
220	Sphere grip	2
221	Sphere grip cover	2
222	Handlebar Foam Grip	2
123	Action Handlebar Cap	2
125	Action Handlebar side cover	2
126	Action Handlebar Cover – LL	1
127	Action Handlebar Cover – LR	1
128	Action Handlebar Cover – RR	1
129	Action Handlebar Cover – RL	1
130	Action Handlebar Lower Cover	4
131	Pivot Cap	2
132	Pivot Arm Cover – LL	1
133	Pivot Arm Cover – LR	1
134	Pivot Arm Bottom Cover – Left	1
135	Pivot Arm Cover – RL	1
136	Pivot Arm Cover – RR	1
137	Pivot Arm Bottom Cover – Right	1
138	Transportation Wheel	2
139	Pedal	2
140	Pedal Soft Cushion	2
141	Pedal Buffer Cover	4
142	Rubber Cushion – Front	2
143	Rubber Cushion – Rear	2
144	Undercarriage Cover – Left	1

PART LIST

Part No.	Part name	Quantity
145	Undercarriage Cover – Right	1
146	Oval Tube Cap	2
147	Vent cover	1
148	Frame Inside Cover – Right	1
149	Frame Inside Cover – Left	1
150	Frame Outside Cover – Left	1
151	Frame Outside Cover – Right	1
152	Switch Plate cover	1
153	Pedal Arm Front Pivot Cover	2
154	Transportation wheel cover	2
155	Transportation wheel side cover	2
201	Speaker Bracket	1
202	Console Support Tube	1
235	Hand Pulse Sensor Cover	2
305	Bearing 6004	4
306	Nylon Bushing	2
310	Action Handlebar – Left	1
311	Action Handlebar – Right	1
313	16X26mm-M8 Bolt	2
315	16X22mm-M8 Bolt	2
316	Moving Linkage – Left	1
317	Moving Linkage – Right	1
333	Bearing 2201	2
401	Pedal tube-Right	1
402	Pedal tube- Left	1
403	Pedal Buffer	2
404	Spring Nut	8
405	Moving Linkage Bushing	4
406	Bearing 600WN	4
407	Pedal Support Base	2
408	Rubber Cushion	4
411	Pedal Swing Arm Cap	2
412	Bearing 6002	4
413	Pedal Arm Rear Shaft	2
414	Bearing 2203	2
418	Pedal Swing Arm-L	1
419	Incline Frame	1
420	Pedal Swing Arm-R	1
421	Bushing 26X16X10.7mm	4
422	Incline Frame Holder – Rear	2
423	Incline Frame Holder – Front	2
424	Bushing 25.6X28.6X50mm	2

PART LIST

Part No.	Part name	Quantity
431	Bearing 6205	4
432	Incline Frame Positioner	1
450	Pedal Arm Bushing-ID21XODX27.5XL24mm	2
455	Elevation gear motor sleeve	1
466	Elevation gear motor	1
501	Main Frame	1
502	Driving belt pulley	1
503	Crank	2
504	Driving belt	1
509	Tension pulley fix plate	1
514	Bearing 6005	2
515	Crank shaft	1
516	Flywheel assembly	1
517	Round Bushing- ID25XOD35X31	1
518	Crank shaft plate	1
519	Flywheel Shaft Fixing plate	1
520	Magnet Bracket	1
521	Bearing 6000	2
525	Motor set	1
531	Bushing -ID25X35X31.2mm	1
532	Flywheel Axle- 10X106-M6	1
533	Bearing 6300	4
535	Bearing Bushing- ID25XOD35X36.2	1
540	Flywheel belt pulley-ID23XOD32X82	1
541	Speed Sensor Holder- OD6X40X10 T-2.0	1
601	4Pin Power Wire – Upper	1
602	4Pin Power Wire – Lower	1
603	3 Pin Elevation gear motor power Wire - 1200mm	1
604	3 Pin Elevation gear motor Limited Wire - 1200mm	1
606	Ground Wire 150mm	1
607	single wire-red 50mm	1
608	2 Core Power Wire	1
609	Speed Sensor-150mm	1
610	6Pin Motor Wire – Lower 170mm	1
611	Power Switch	1
612	Electric outlet	1
613	Control Board	1
614	Transformer	1
703	Aluminum Disk- OD310X3	1
706	Metal shrapnel- 21X13X0.7	12
800	M10X62X20 Bolt	2
801	M4x15mm Screw	42

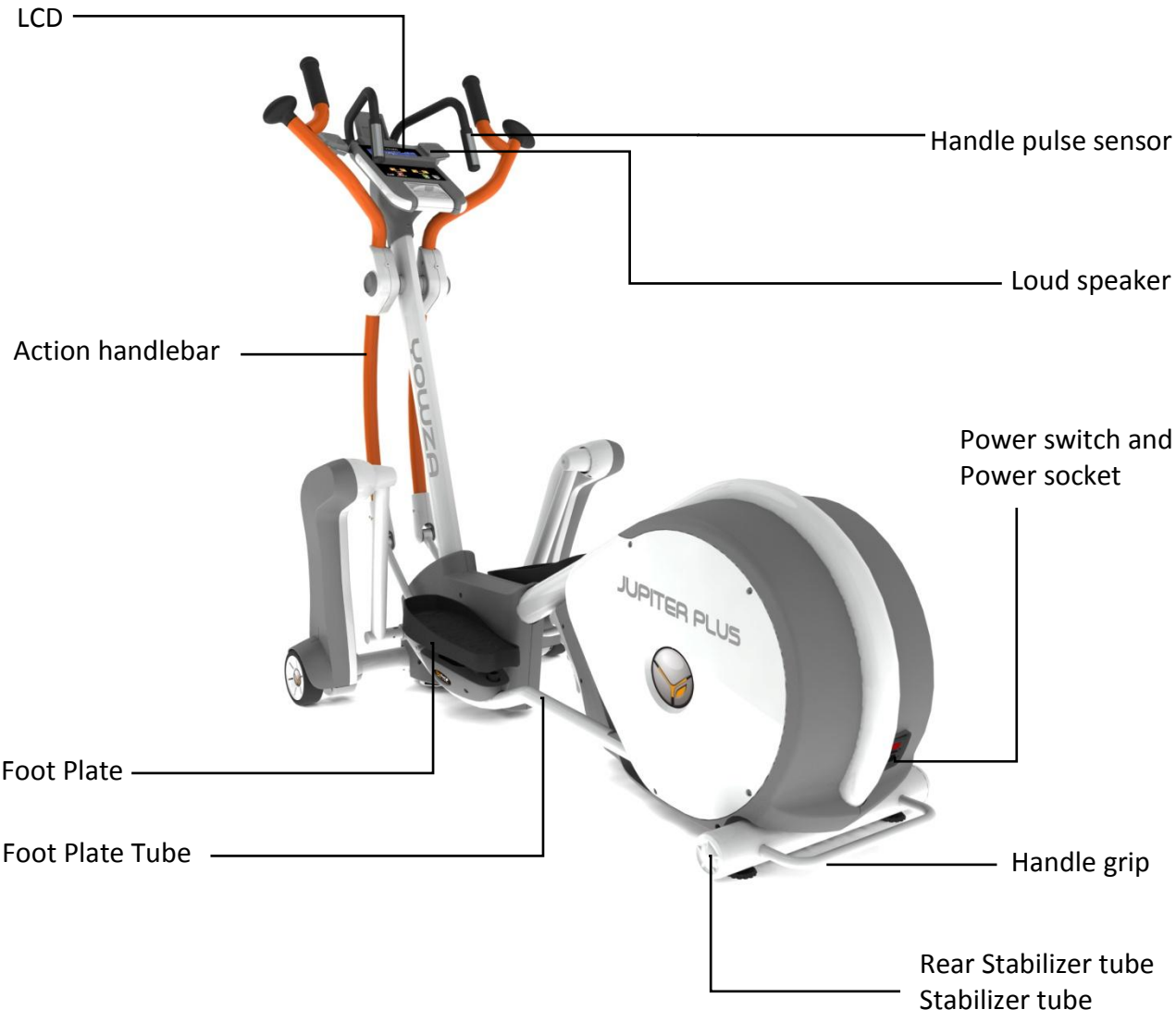
COMPUTER OPERATION

Part No.	Part name	Quantity
802	M5x10mm Bolt	2
803	ϕ12 C Clip-M32	2
804	Plastic Washer ϕ12x20x2mm	2
805	Plastic Washer ϕ12x20x0.5mm	2
806	Cup head hex socket cap screw-M8x20mm	2
807	C-Clip-M32	2
809	Spring -OD25x74.47mm	4
810	M5x22mm Bolt	4
811	M8x30mm Bolt	2
812	Washer-ϕ10x20x5mm	3
813	M10x45mm Bolt	2
814	M10 Nylon Nut	2
815	Cup head hex socket cap screw-M6x12mm	12
816	Washerϕ10x20x1.5mm	2
817	M8x25mm Bolt	4
818	Locknut M8	3
820	LocknutM10	4
821	M10x73X23mm Bolt	2
822	Magnet Bracket Shaft- 12X94	1
823	Washer ϕ10x26x2mm	1
825	M4x45mm Bolt	1
826	4x19mm Screw	8
827	4.2x16mm Screw	12
828	M14X25mm Bolt	2
829	Washer ϕ8x26x3mm	2
830	Spring Washer-ϕ 8X14X2	2
831	M8x20mm Bolt	2
833	M4x12mm Bolt	4
835	C- Clip M40	2
836	M8x12mm Bolt	24
837	8x23x2mm Washer	2
838	C-Clip-M10	2
839	Washer ϕ12X20X1mm	4
840	Fixing Insert-OD6X12-9X3	15
841	M8x20mm Bolt	4
842	M6x38mm Bolt	1
843	M6 locknut	1
844	M5X8mm Bolt	7
845	Washerϕ 6X32X2.5mm	2
847	M8x8mm Bolt	2
848	M10x30mm Bolt	2
849	M10x20mm Bolt	4

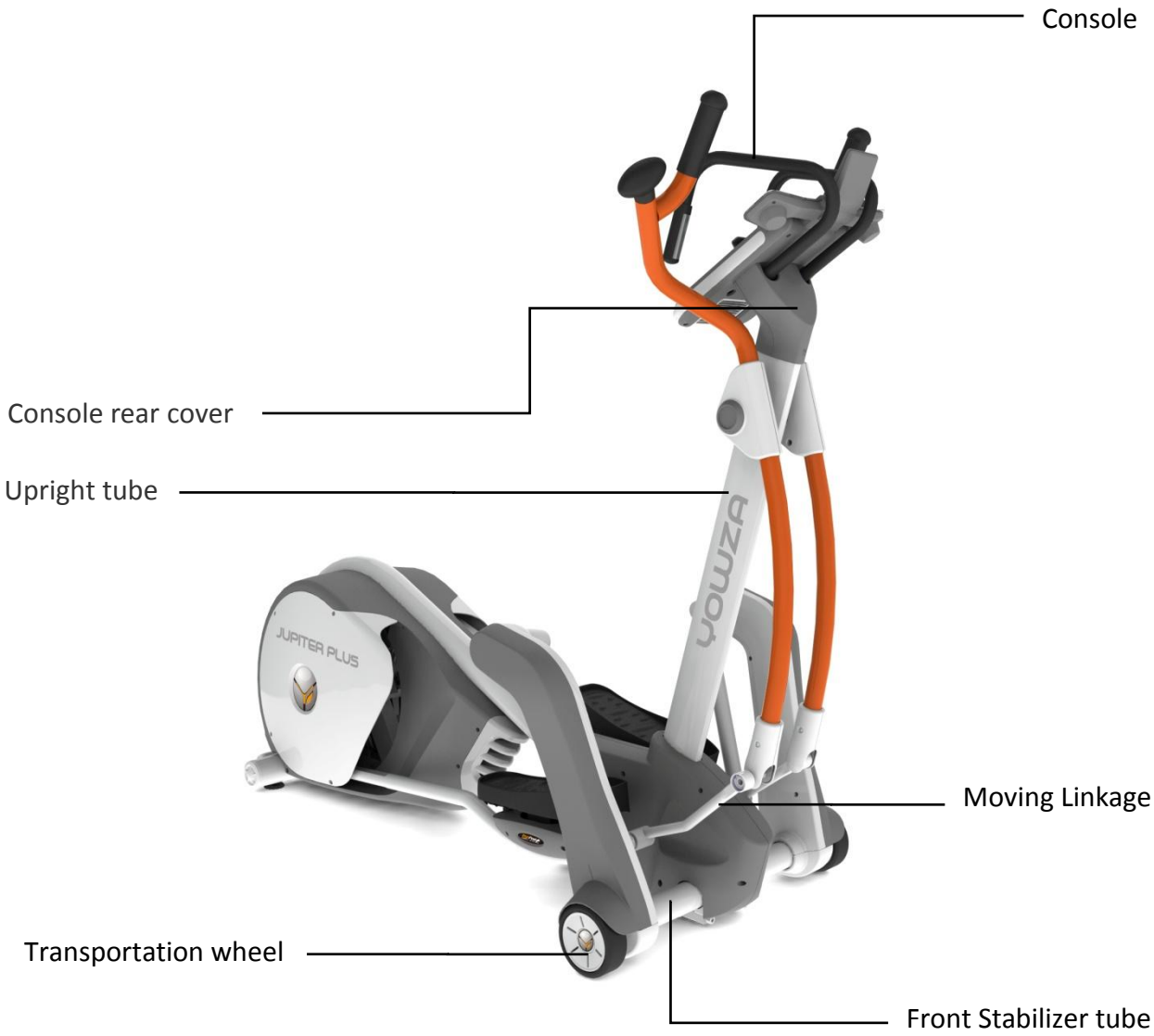
PART LIST

Part No.	Part name	Quantity
851	M5x14mm Bolt	2
852	Washer ϕ16X26X2mm	4
853	Thin Nut- M12	1
854	Spring 1.5x25x1.5x5mm	1
855	Washer ϕ8X17X1.5mm	11
856	M10x20mm Bolt	4
857	M10x56mm Bolt	1
858	M10x35mm Bolt	4
860	M8x15mm Bolt	4
861	Washer ϕ10X20X2mm	4
863	Washer ϕ10X20X1.5mm	7
864	M6x10mm Bolt	1
865	M3x14mm Screw	4
867	M5x6mm Screw	2
870	Taper Fixing Insert-Metal Inside	4
871	ϕ8mm Spring Washer	4
872	ϕ10mm Spring Washer	10
874	Washer ϕ16X26X2mm	2
879	M10x40mm Bolt	1
882	Washer ϕ10x33x2mm	2
883	M5x20mm Bolt	2
884	M5x6mm Bolt	2
901	Power Cord	1
902	Hardware kit	1

ELLIPTICAL OVERVIEW



ELLIPTICAL OVERVIEW



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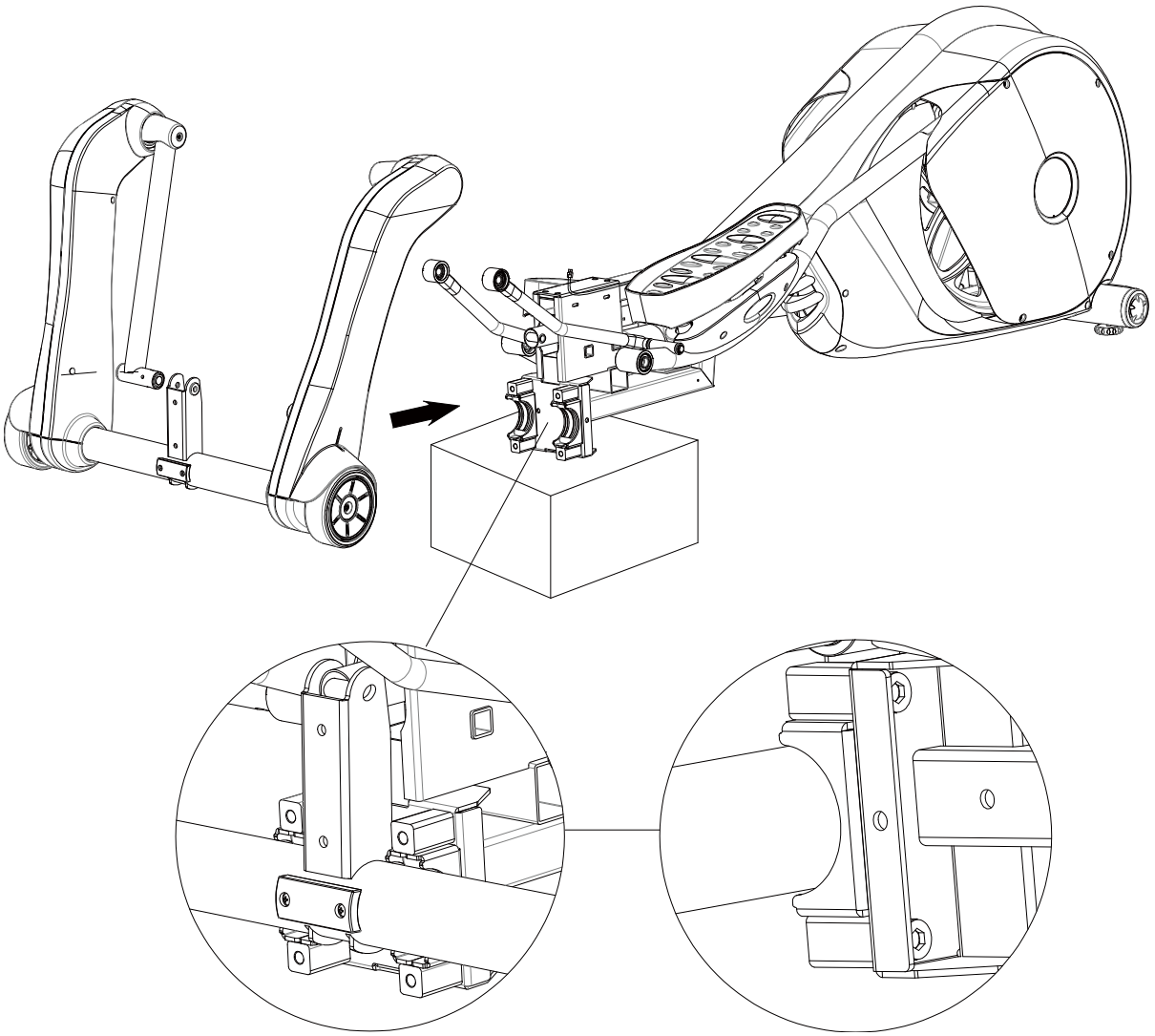

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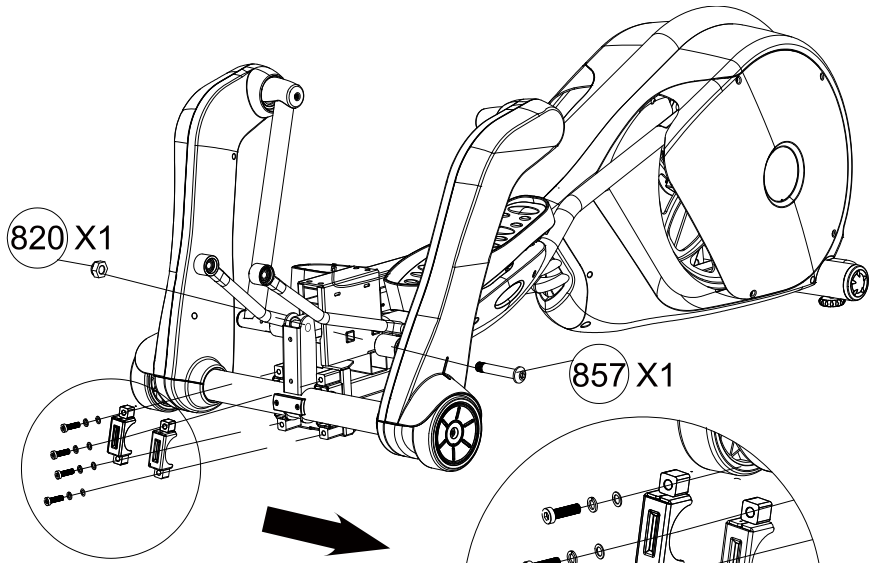
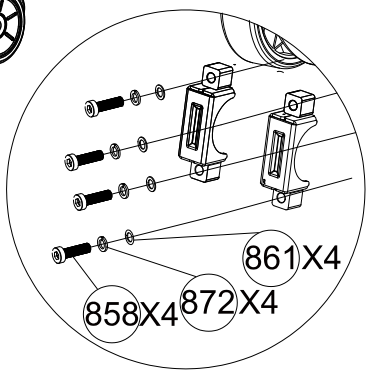
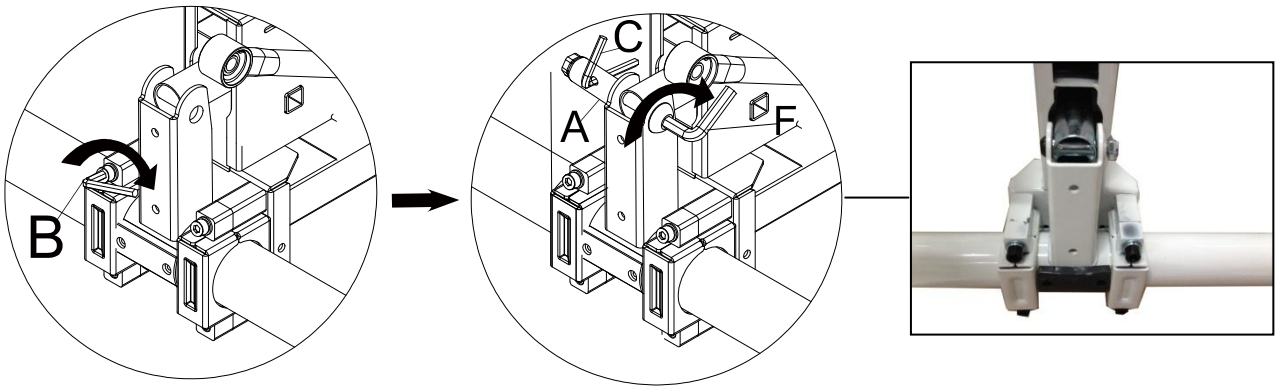
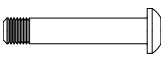






857	X1	
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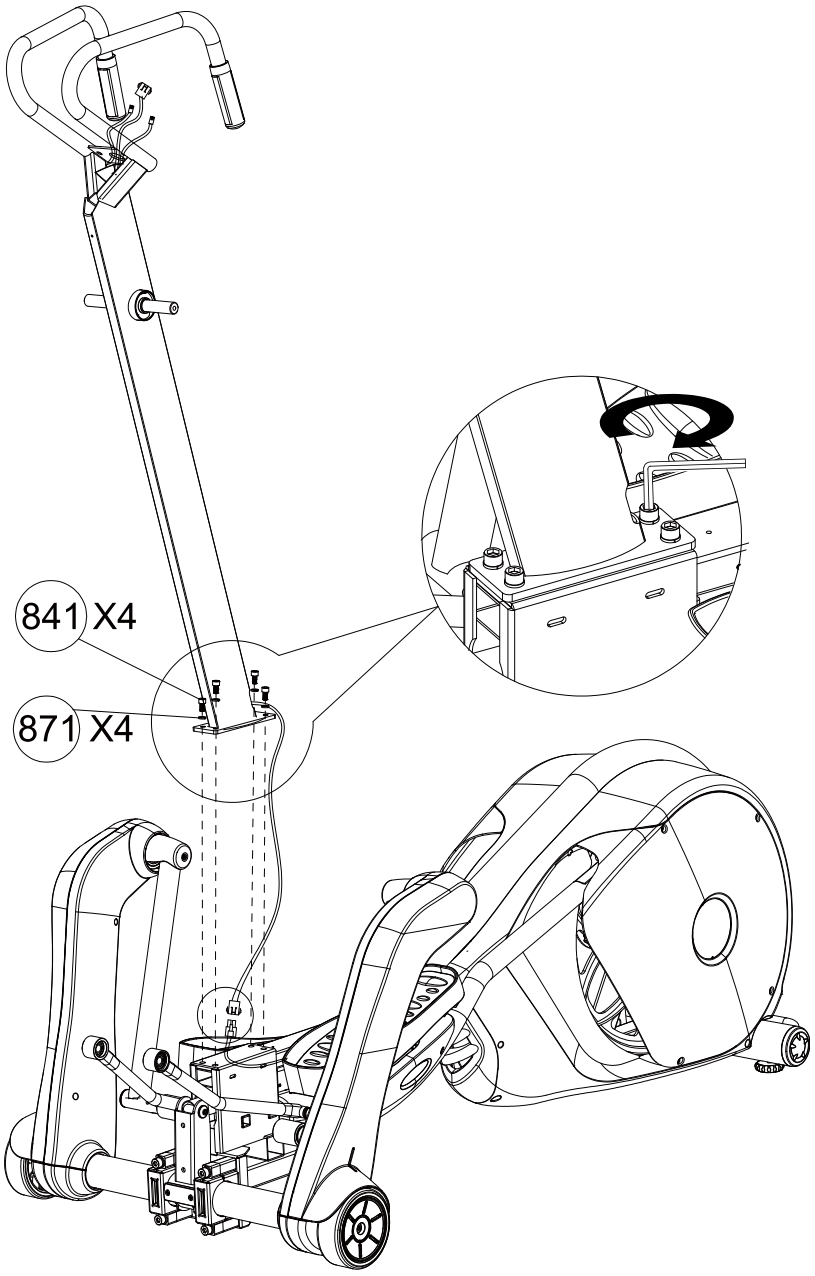
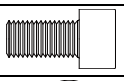


841	X4	
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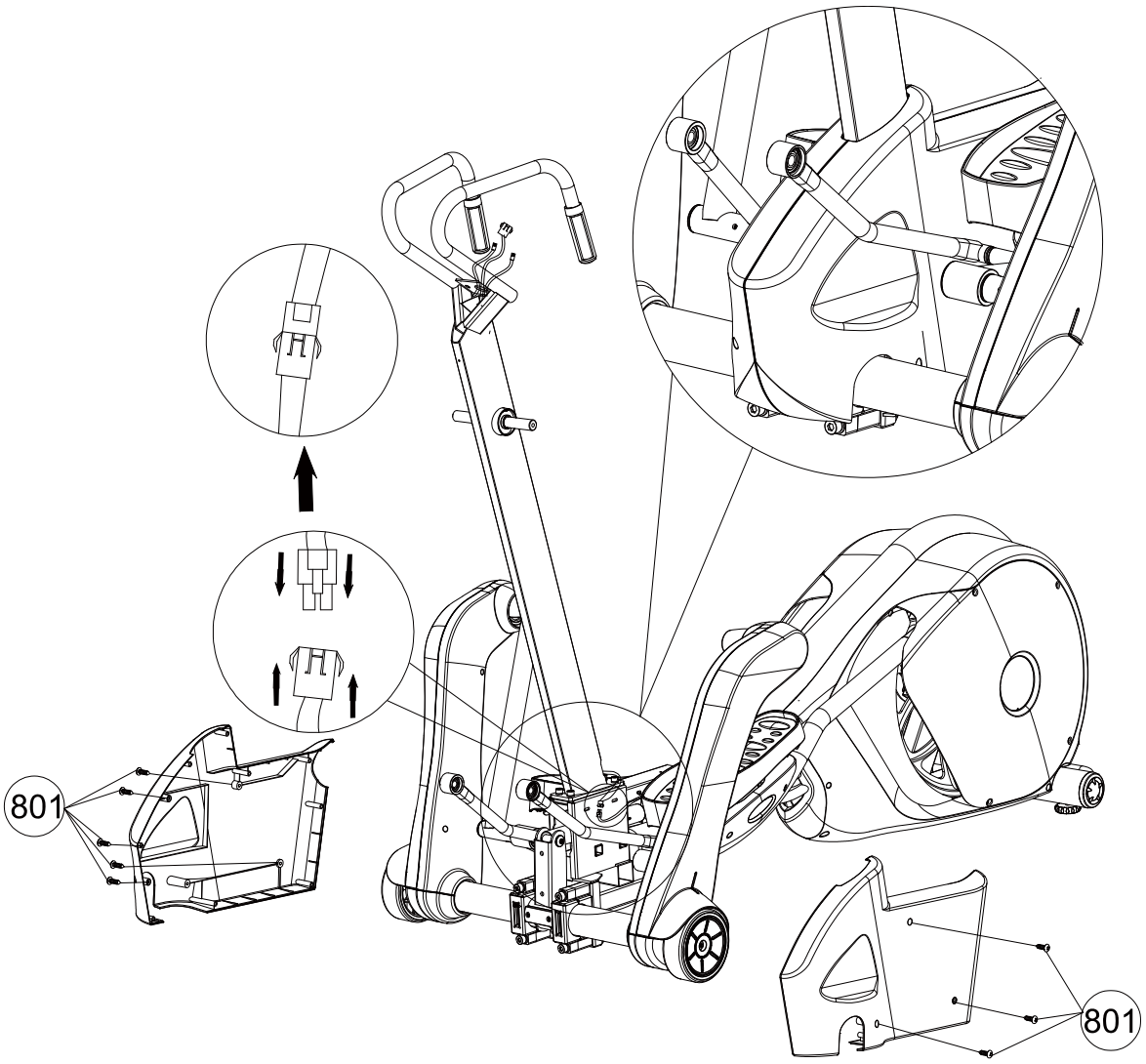
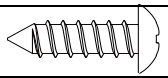


801	X8	

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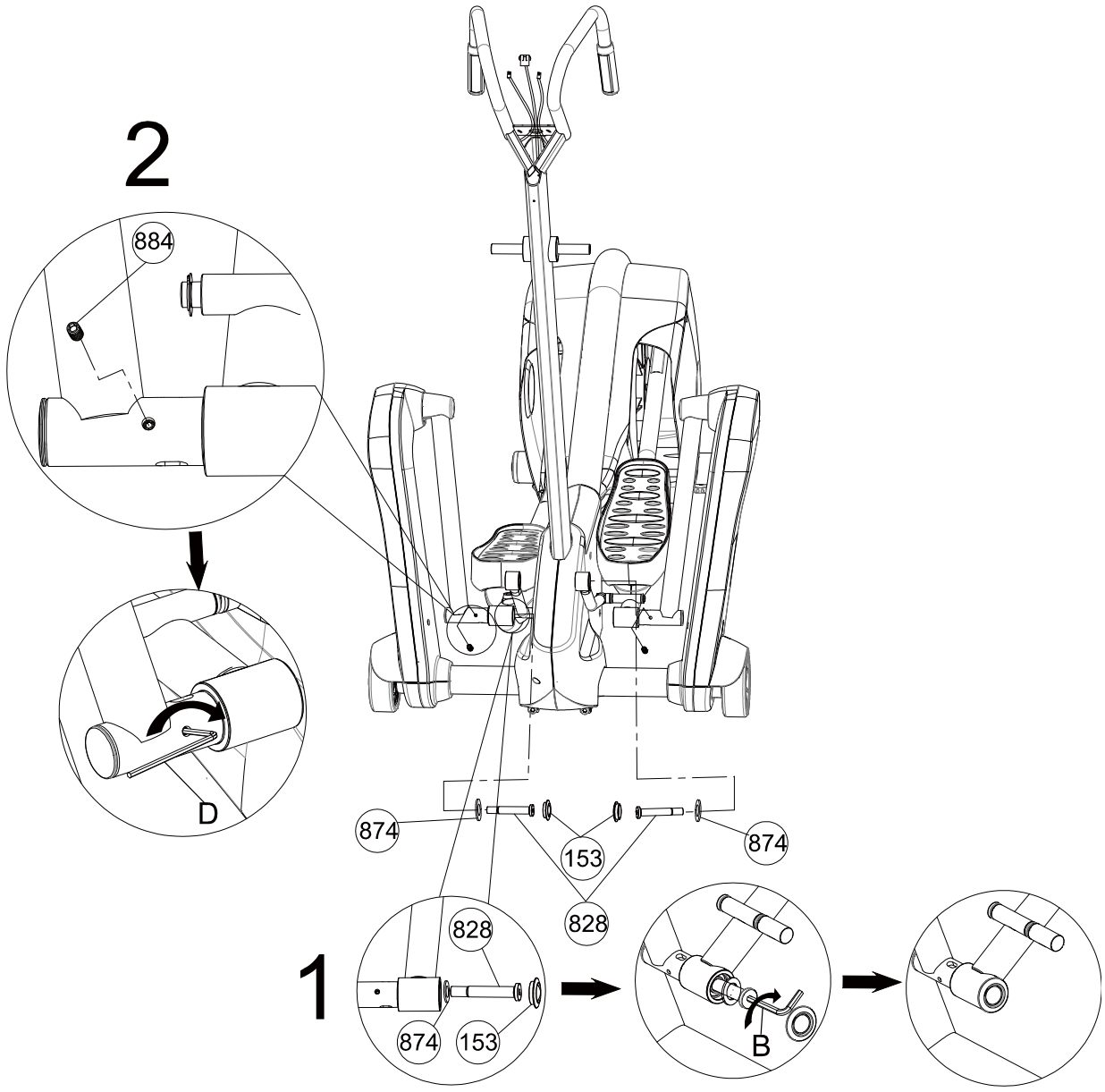
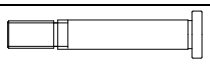
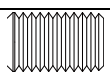


828	X2	
884	X2	
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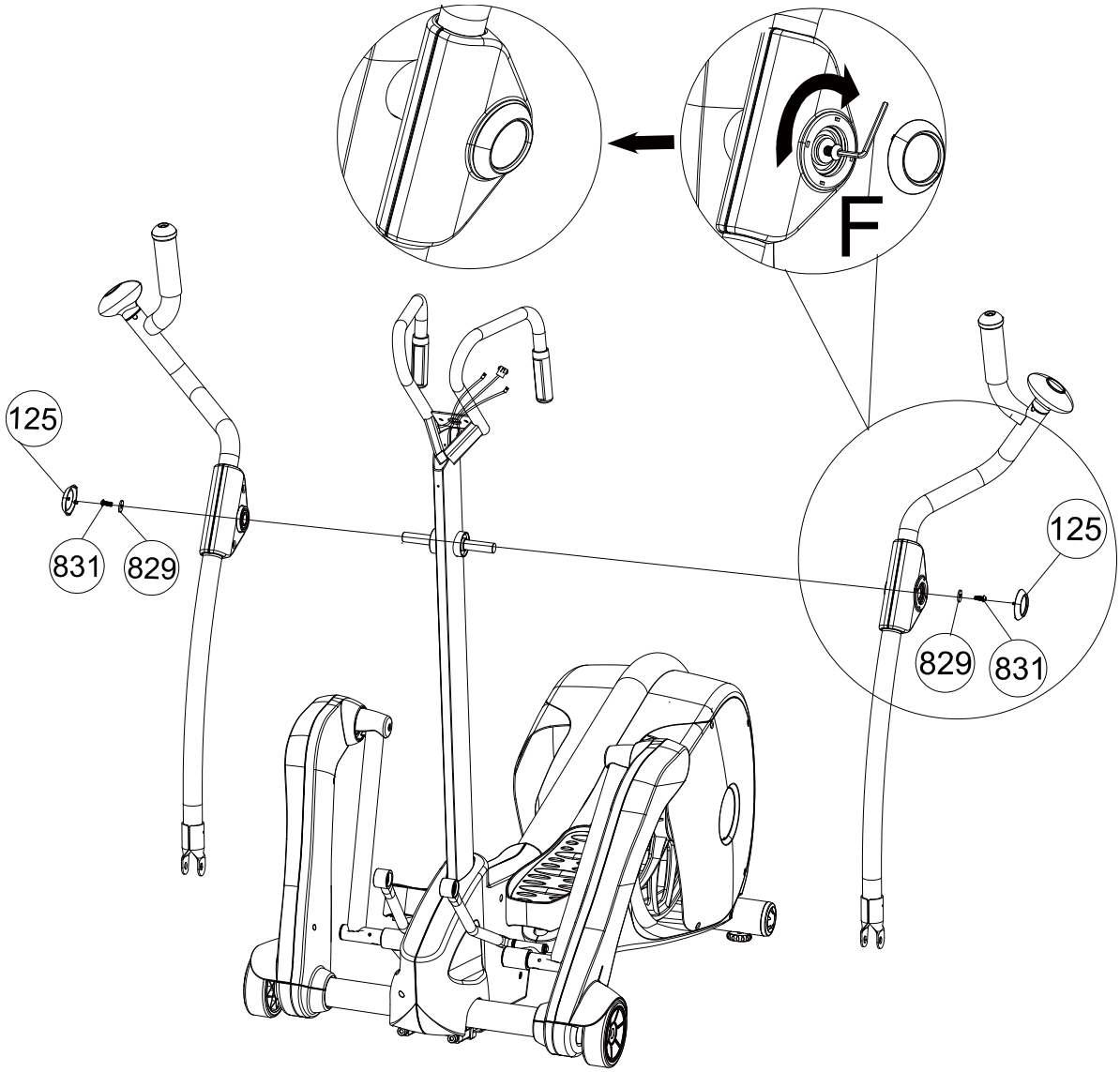
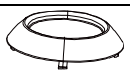


125	X2	
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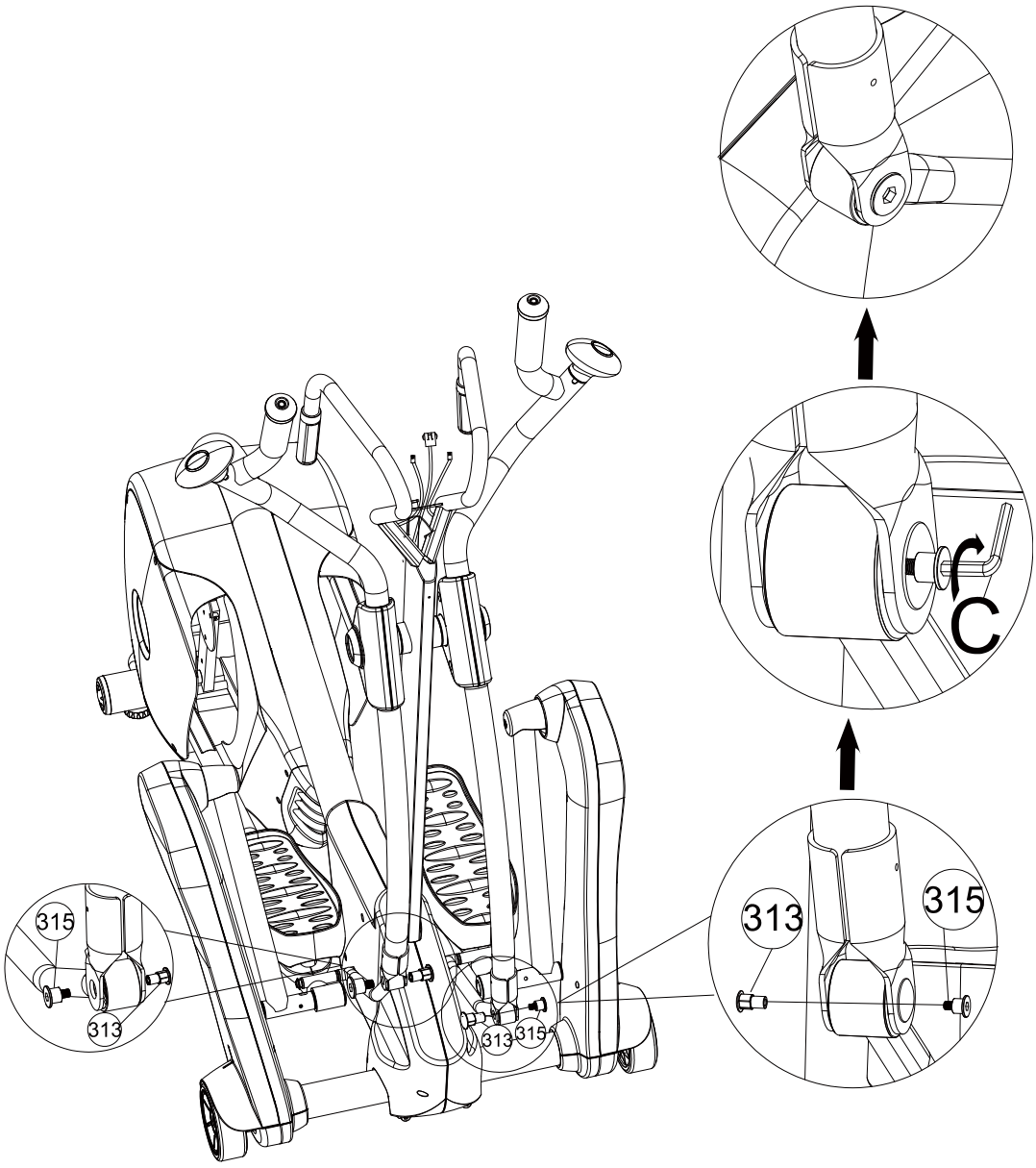
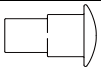


313	X2	
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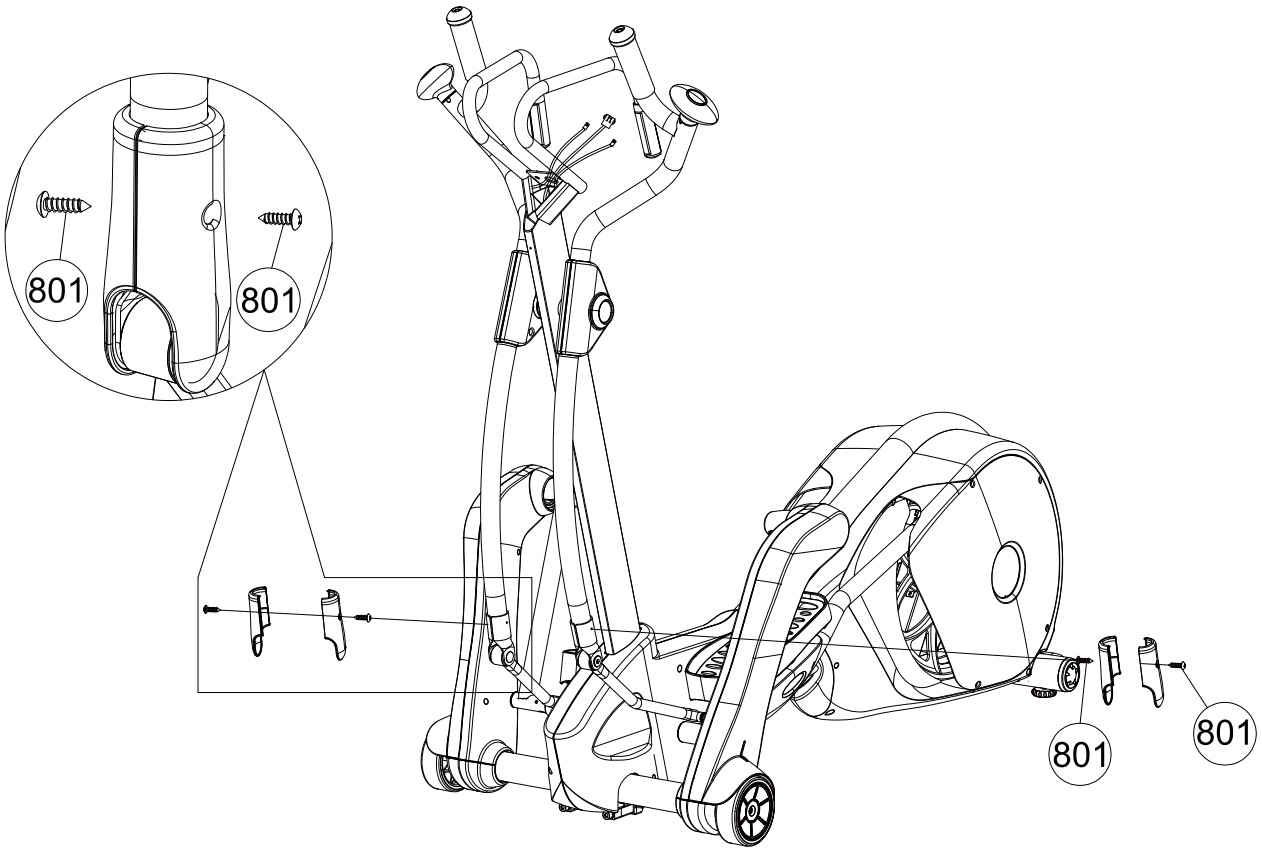
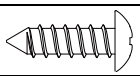


801	X4	

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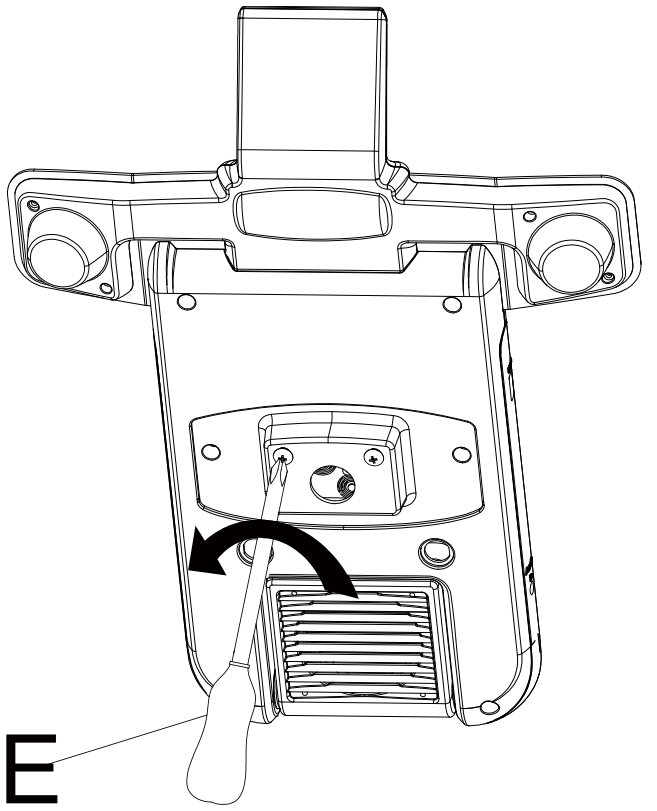
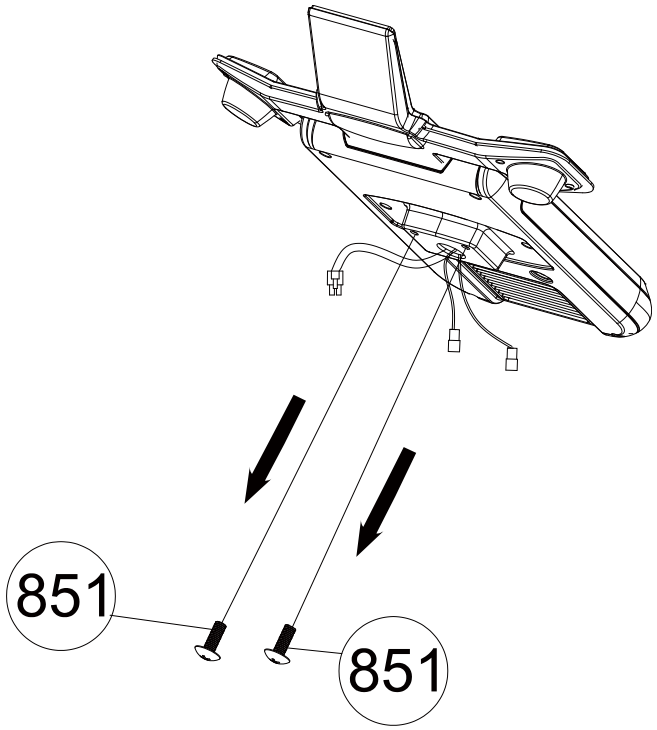
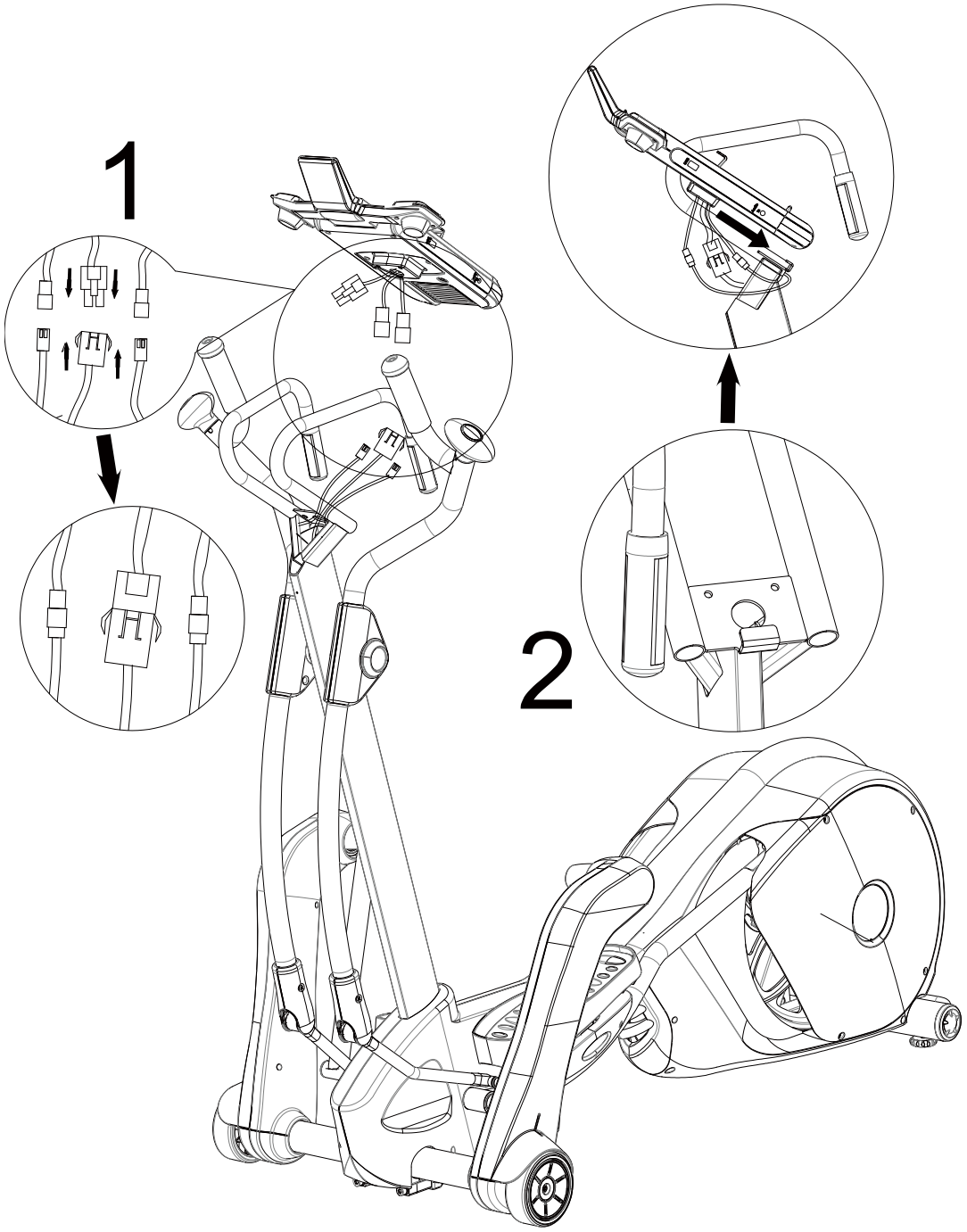
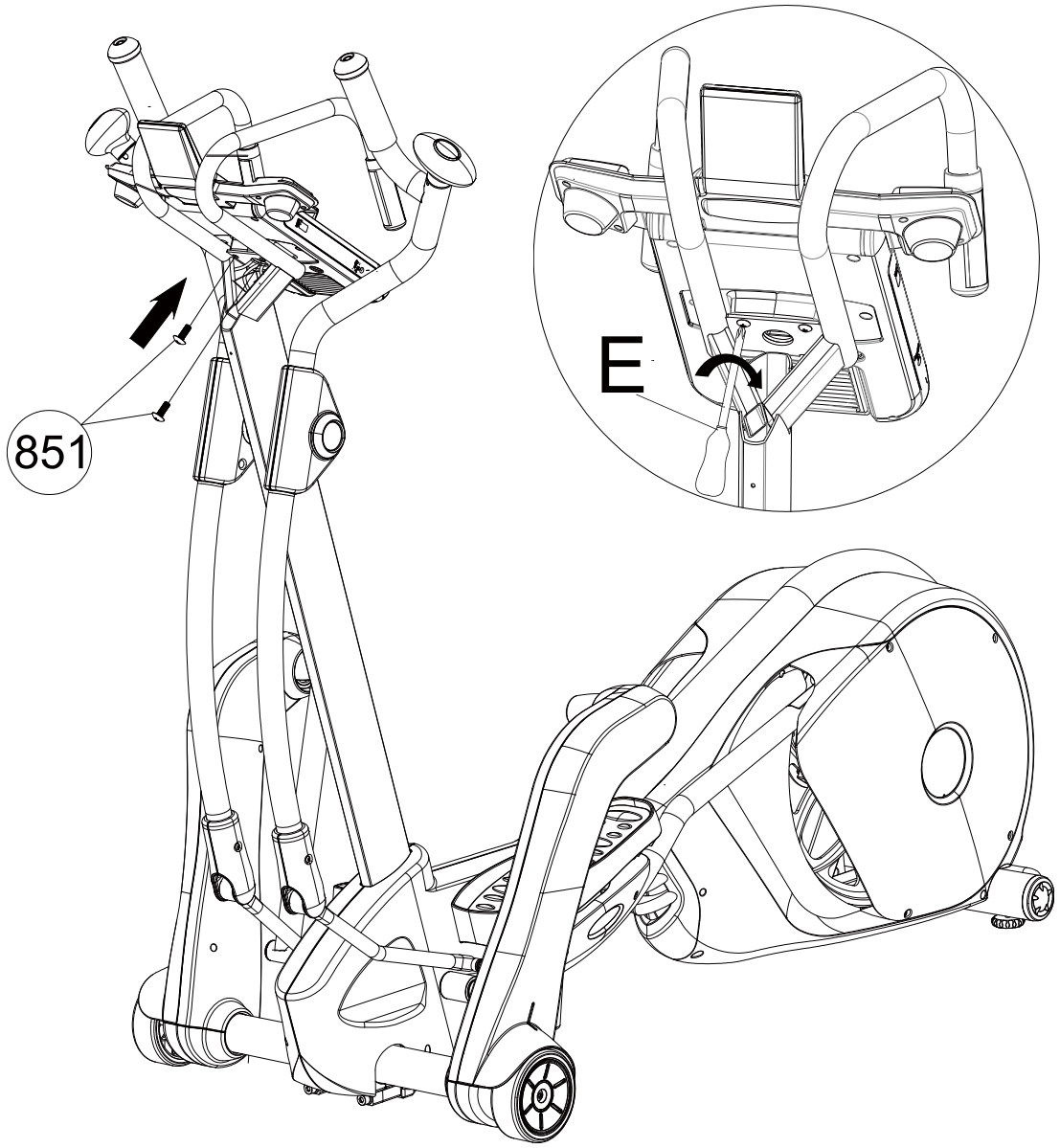




STEP10 ASSEMBLY



STEP11 ASSEMBLY



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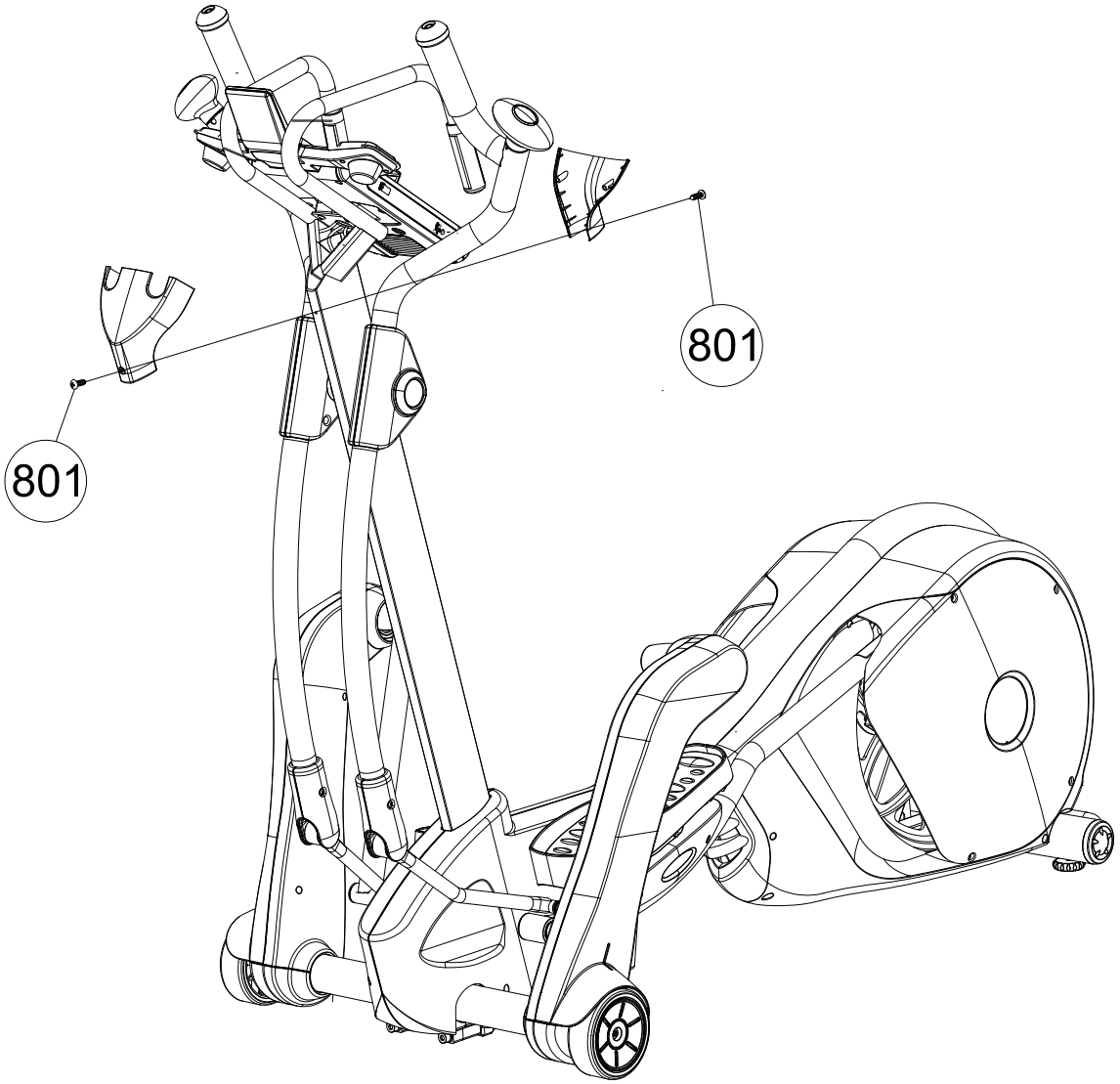
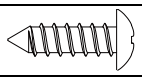
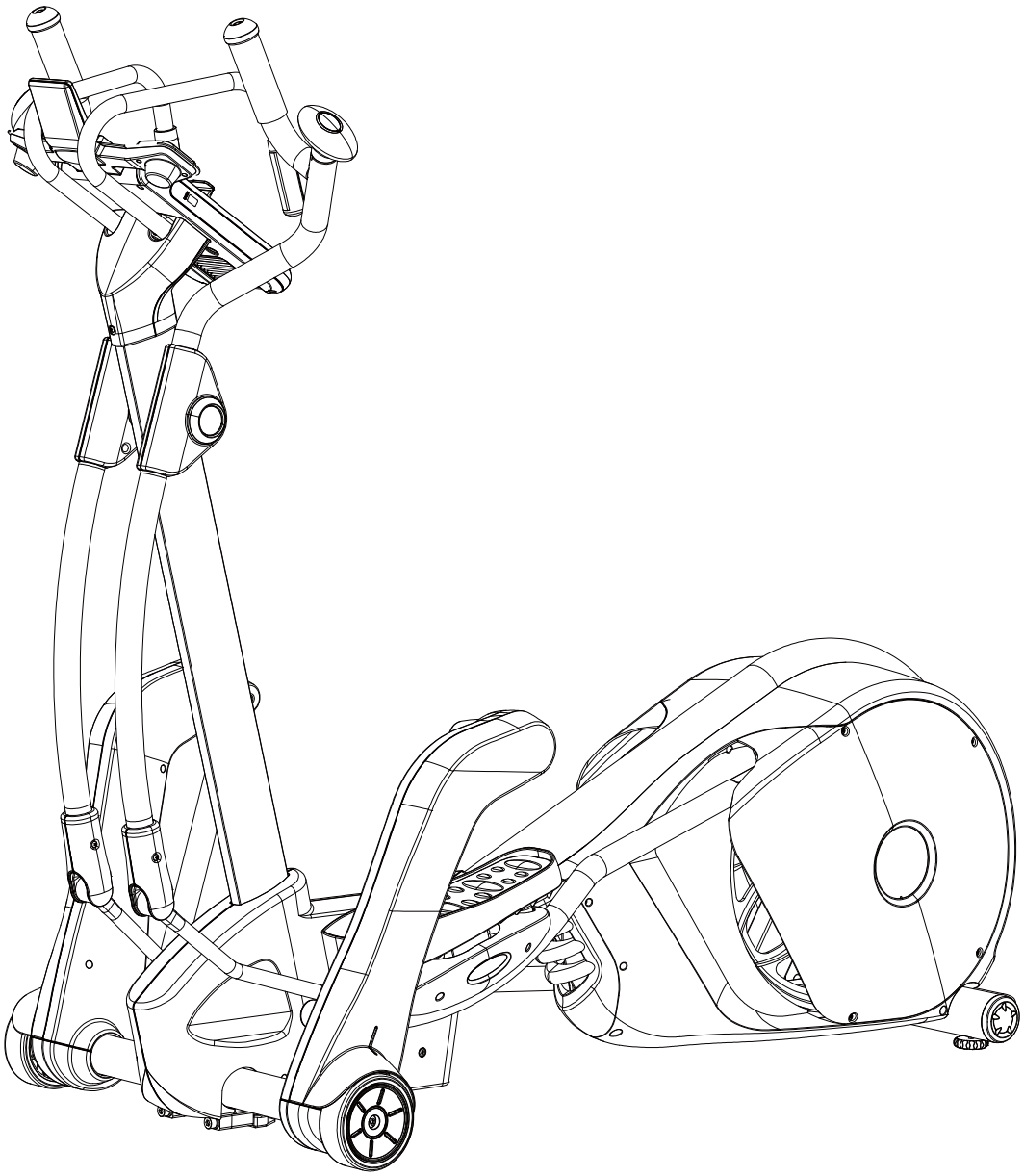
STEP12 ASSEMBLY

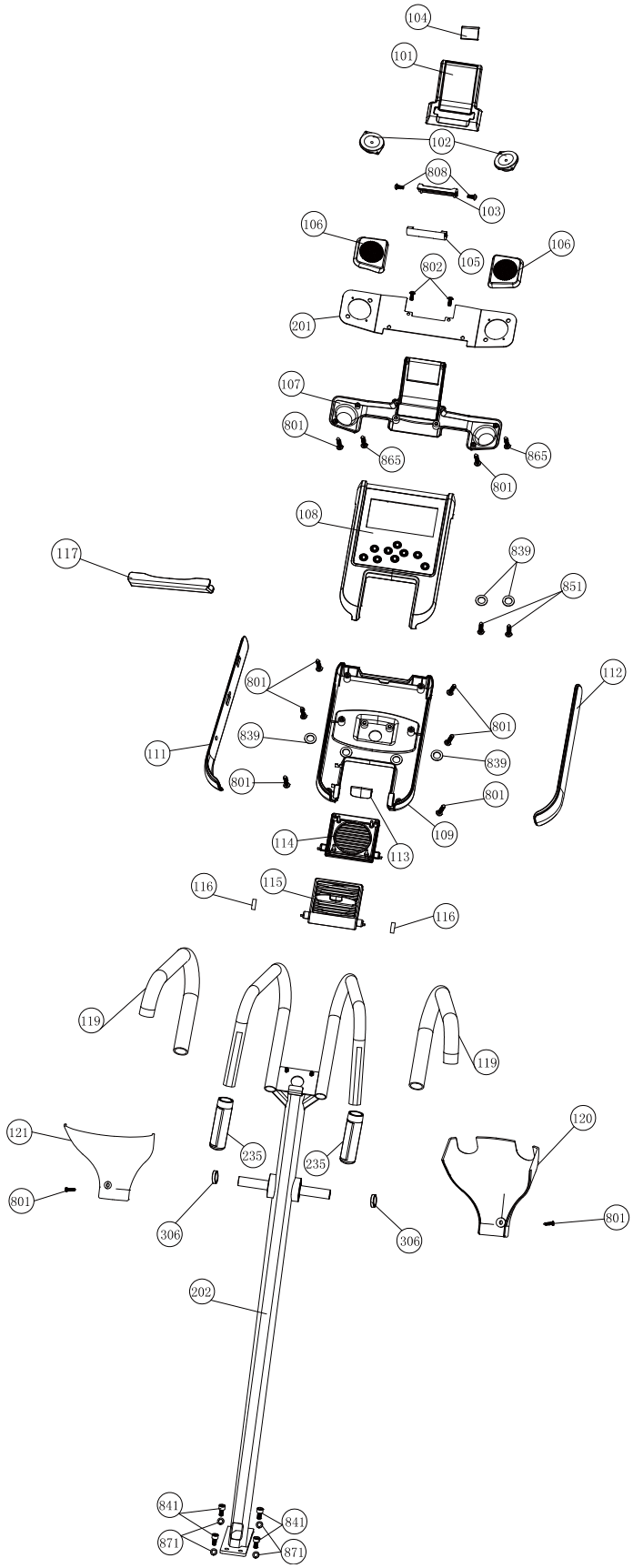


801	X2	

STEP13 ASSEMBLY



EXPLODED DIAGRAM



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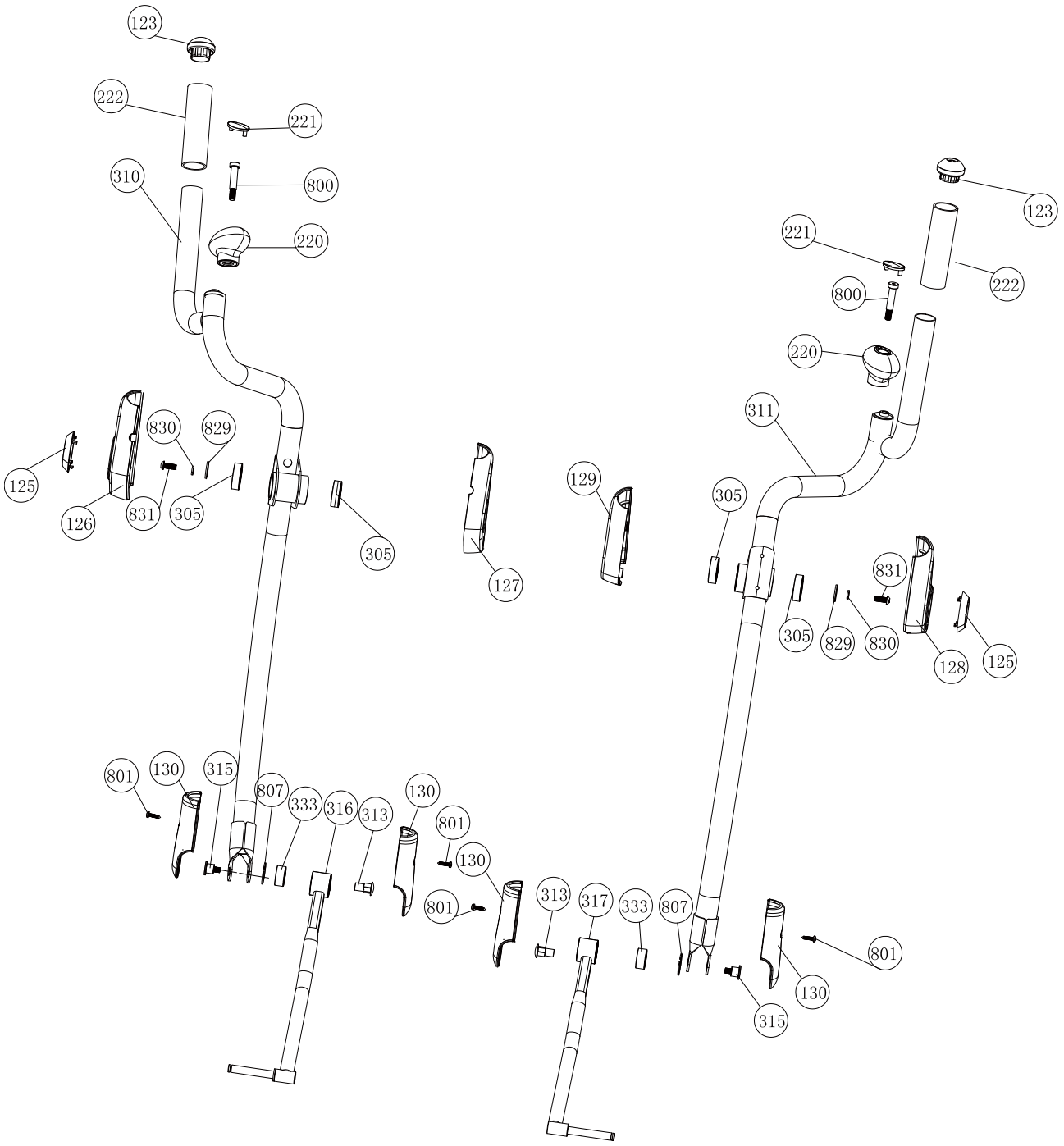

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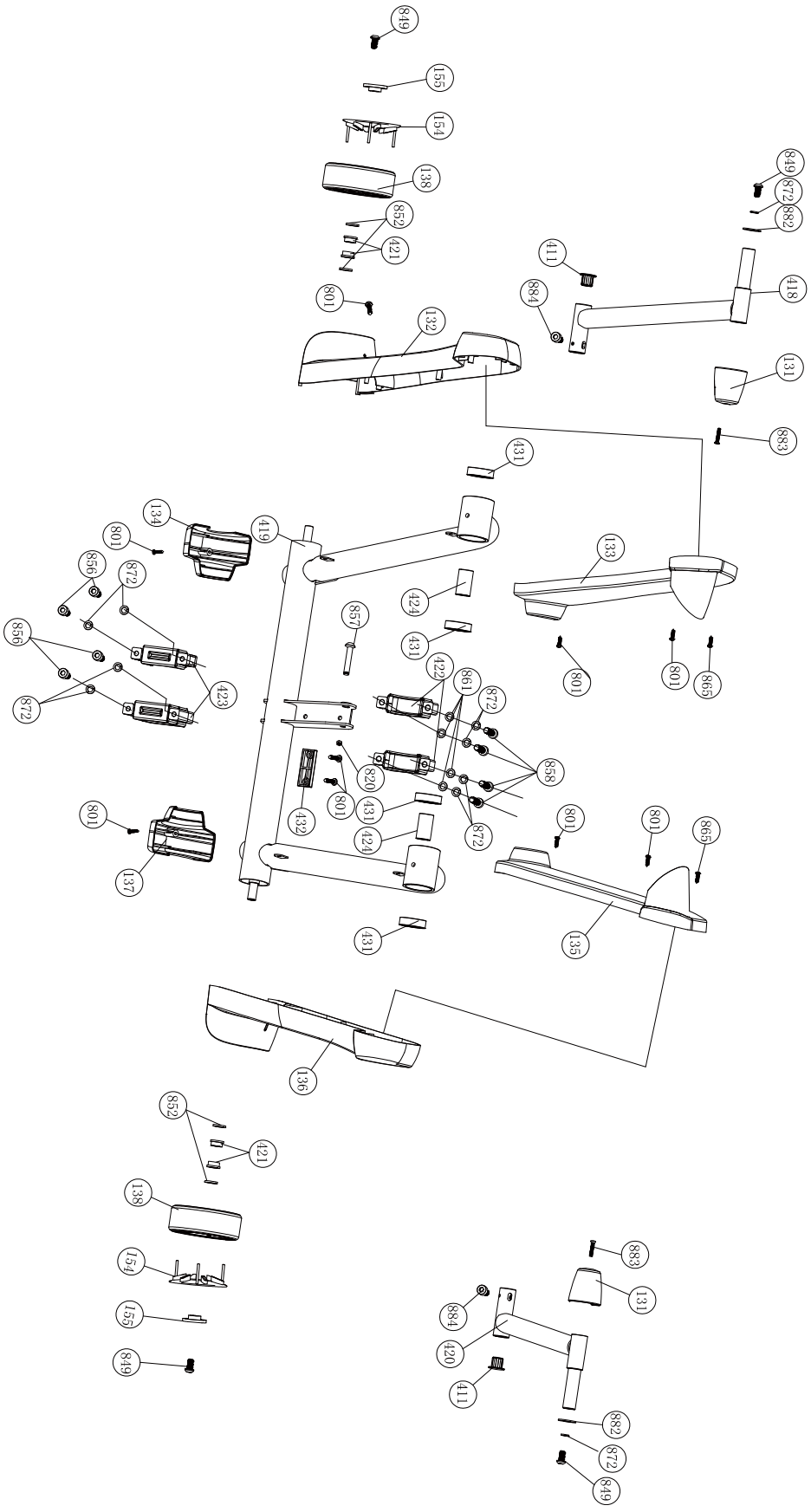

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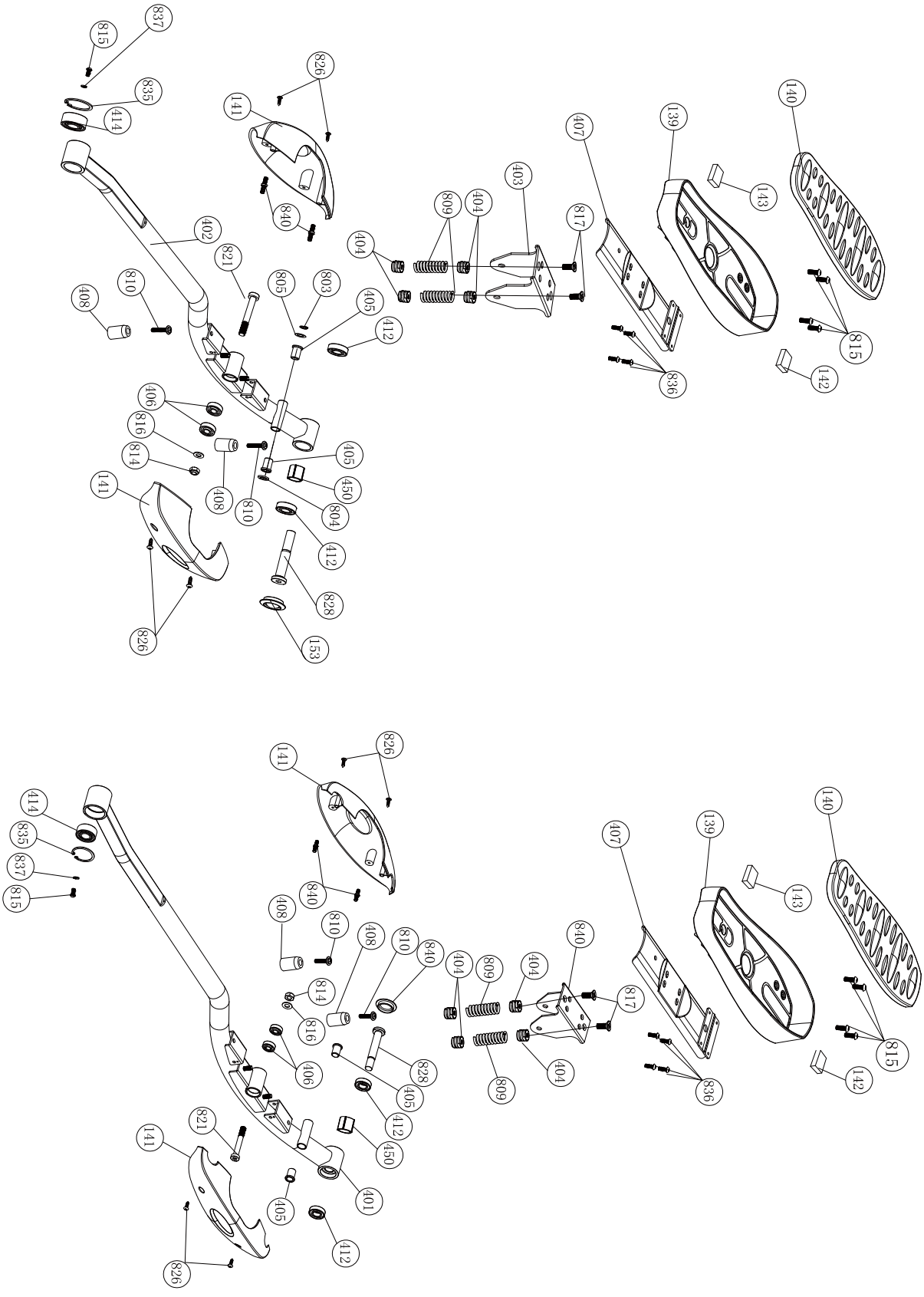

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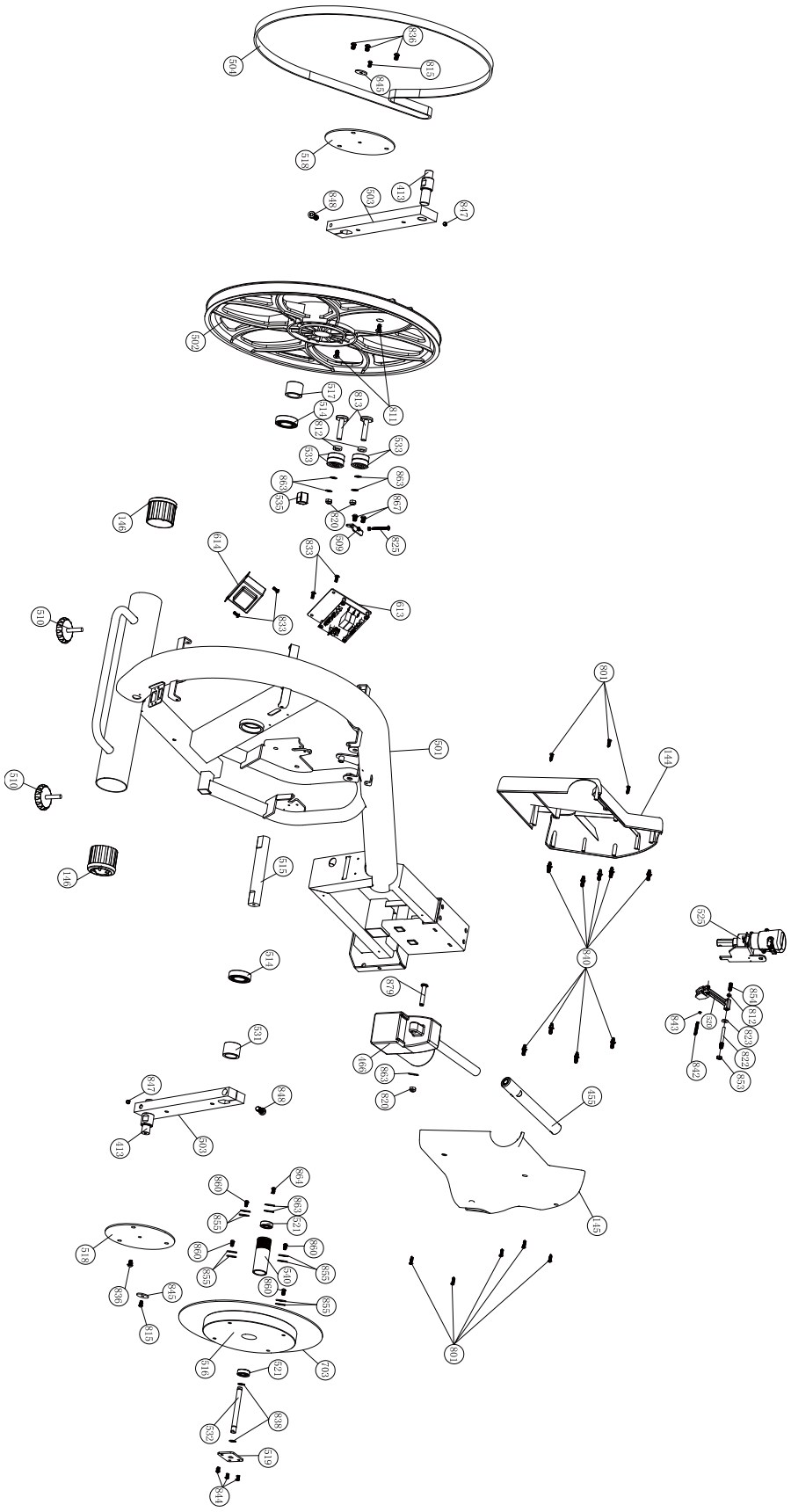

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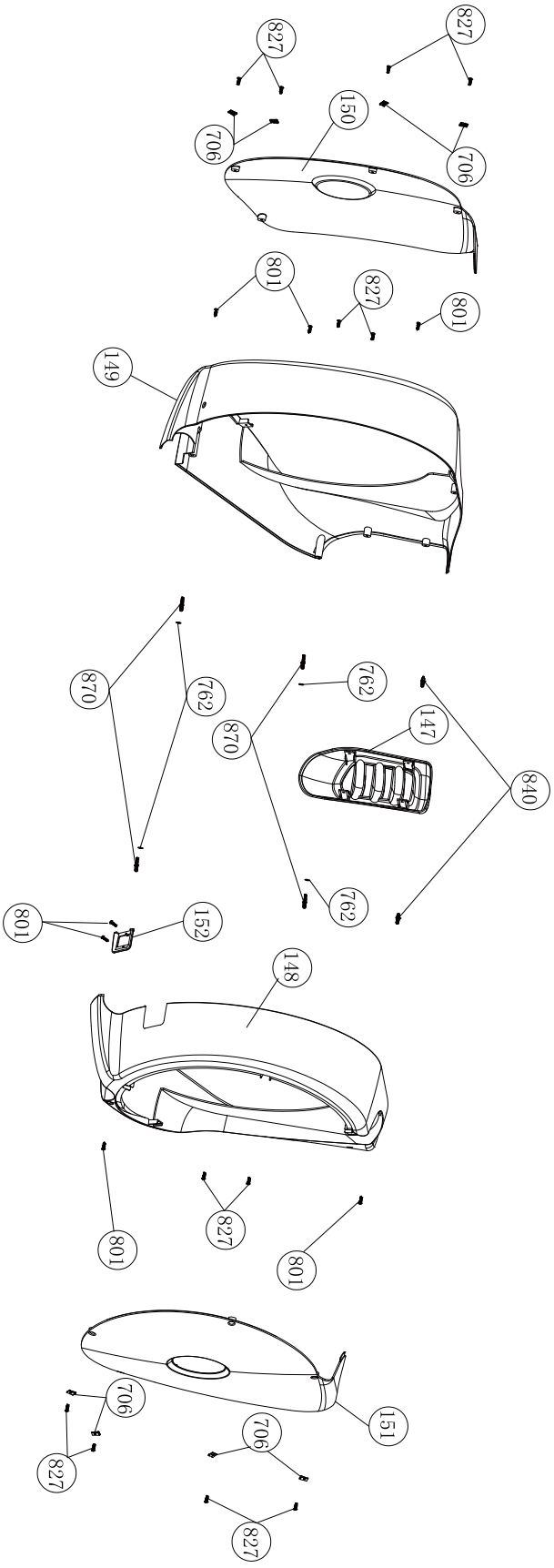
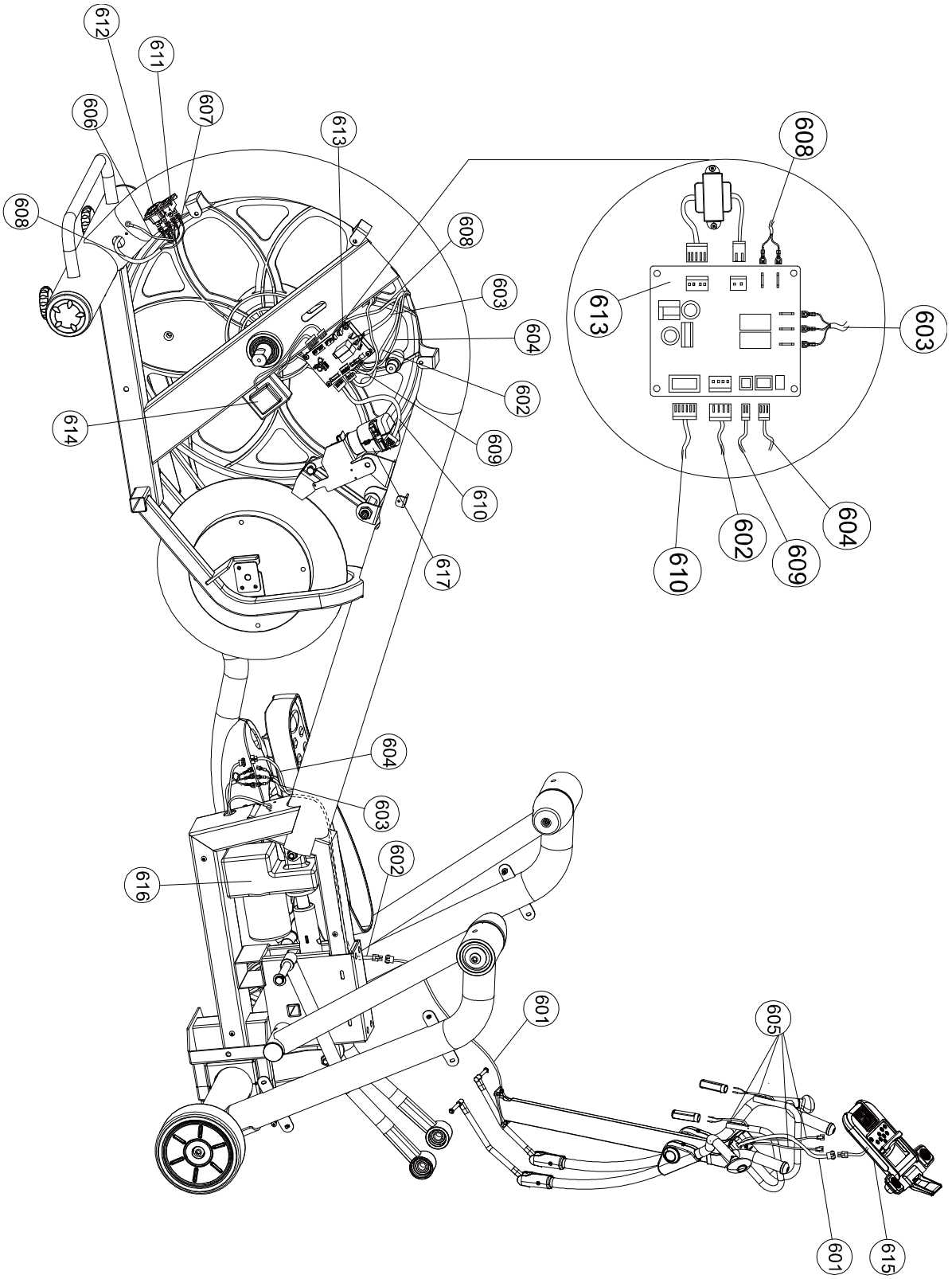


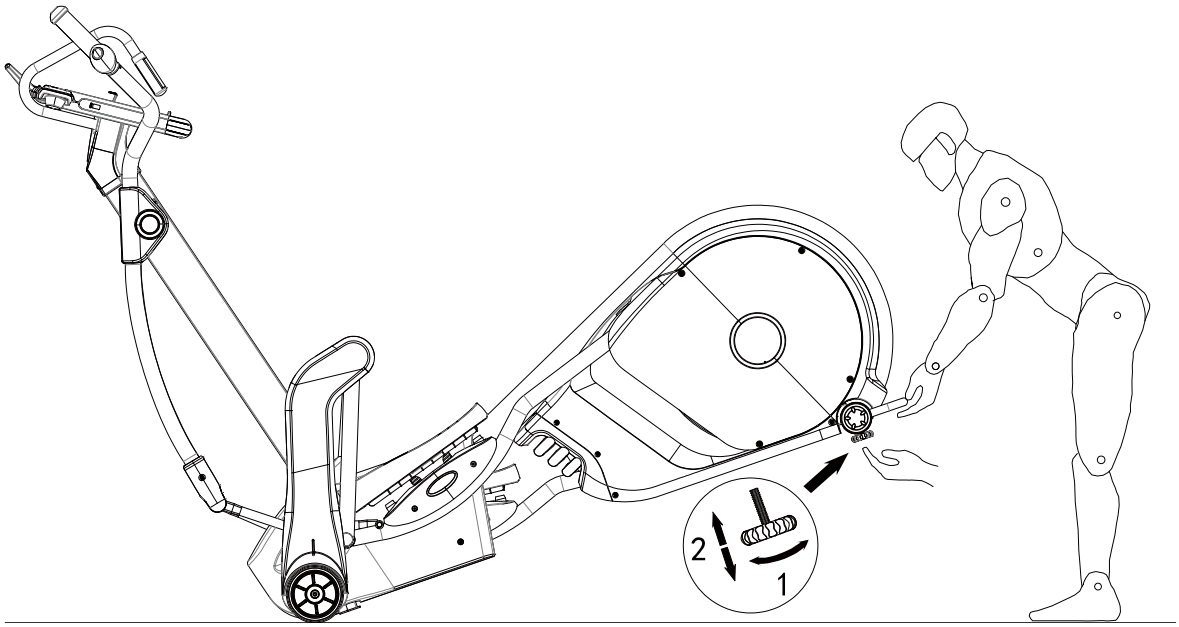
WIRING DIAGRAM



STABILIZER ADJUSTMENT

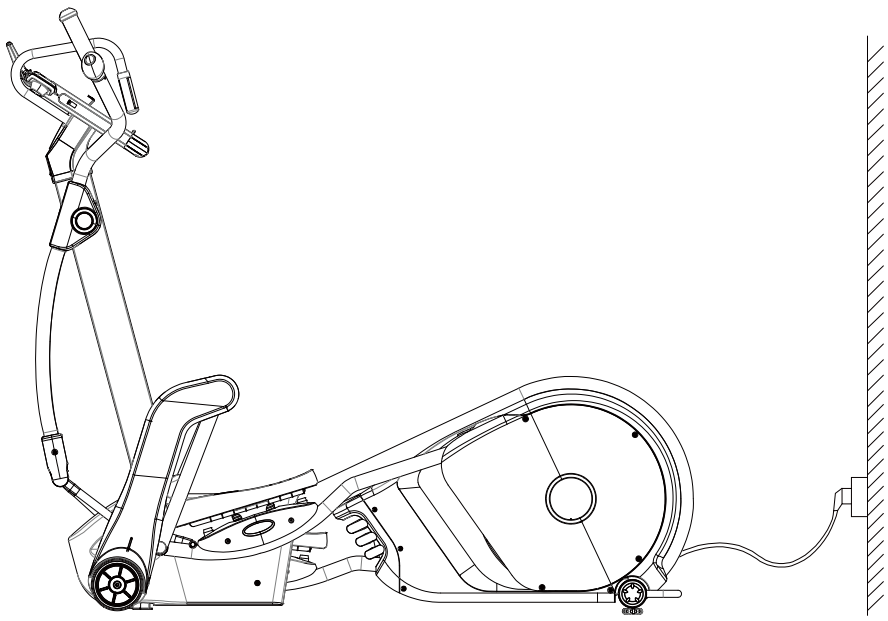
Adjustment

If your elliptical is slightly unbalanced due to uneven floor surfaces, you can adjust the feet to prevent any wobbling. The feet locate at the under the stabilizer tube –rear. This is done by screwing the feet in or out until the elliptical sits evenly on the floor.



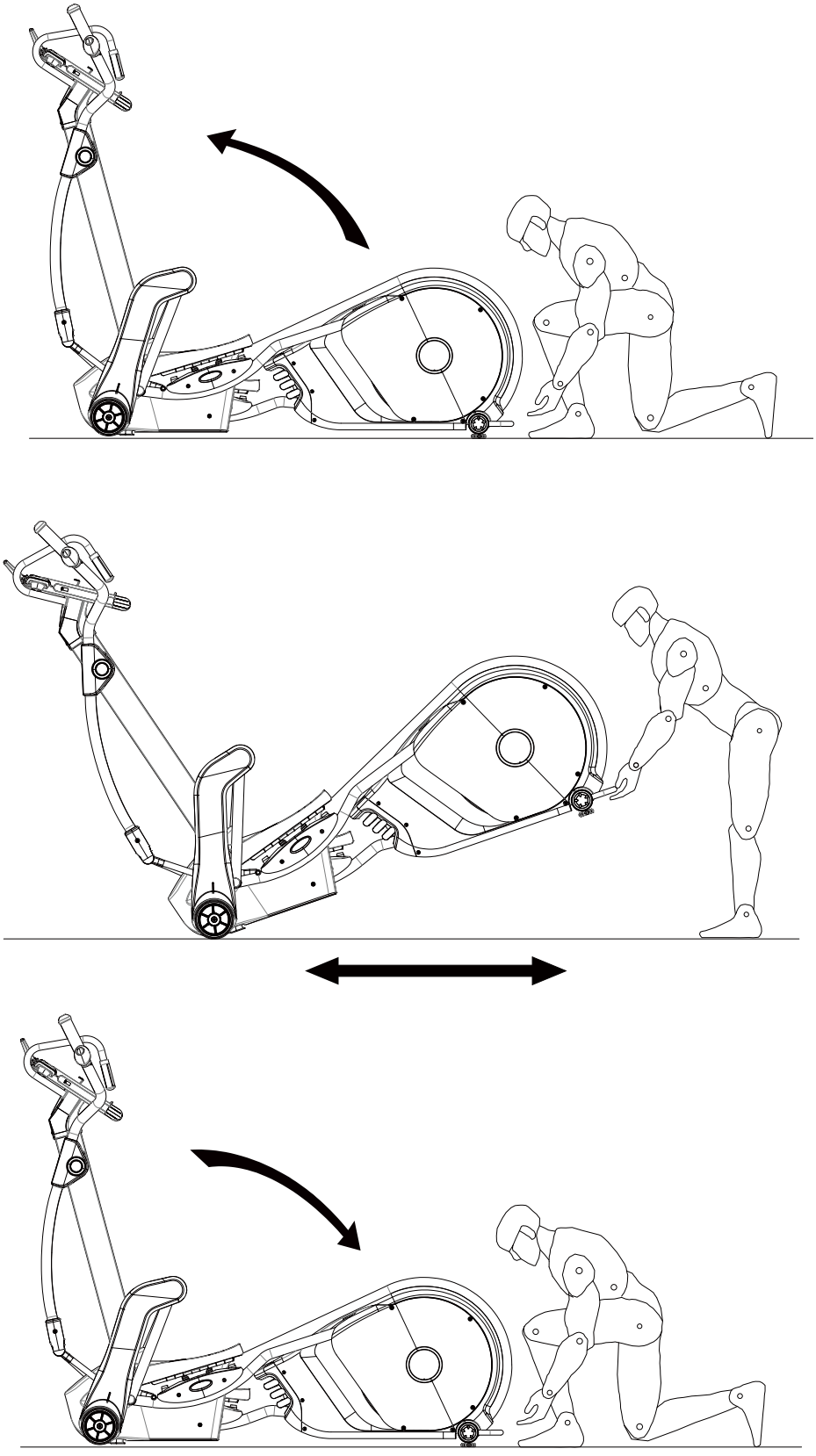
Power

Connecting the power cord for Cross trainer and turn on the power switch

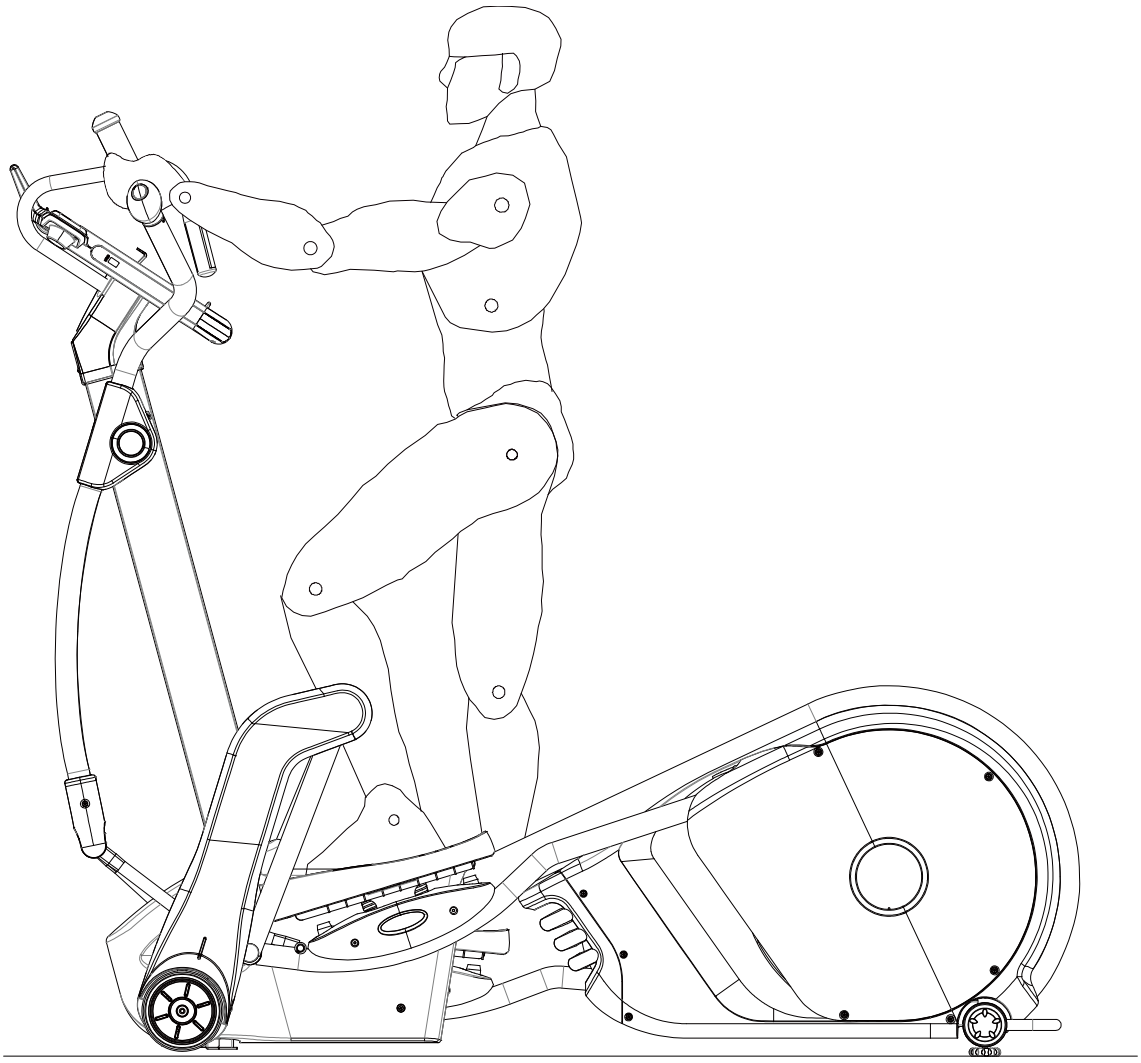


TRANSPORT INSTRUCTIONS

Transport



CORRECT USE



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

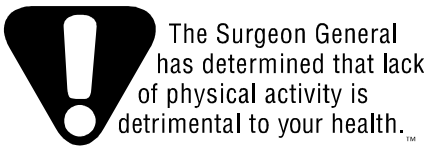
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

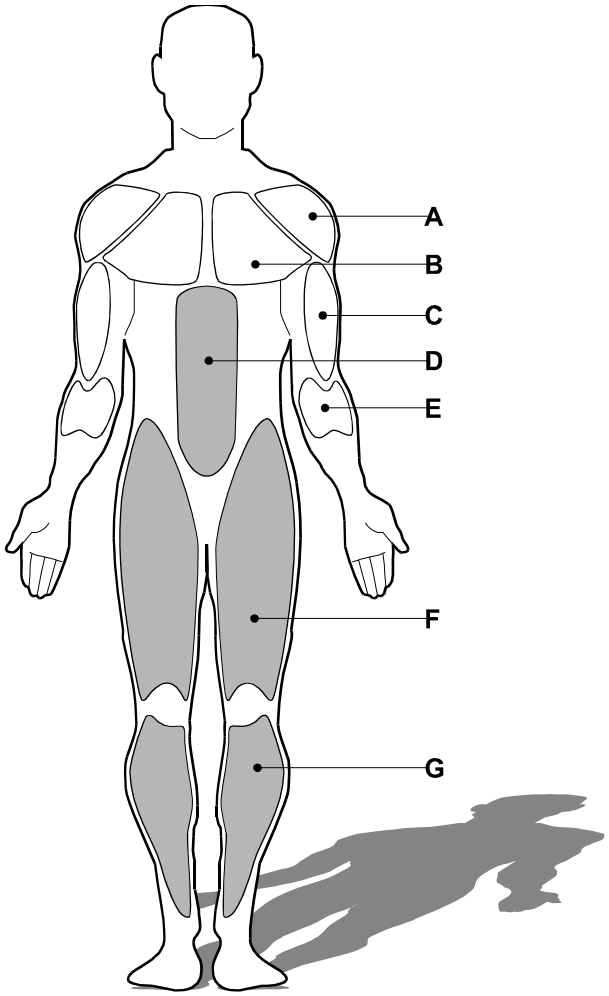
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

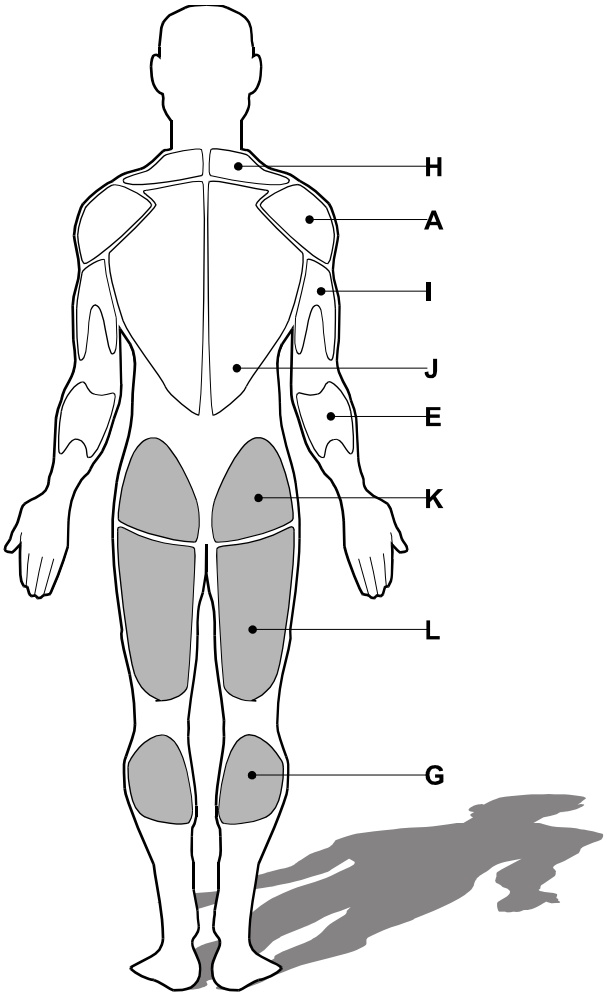


MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

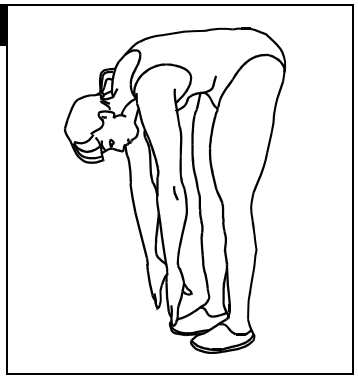
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

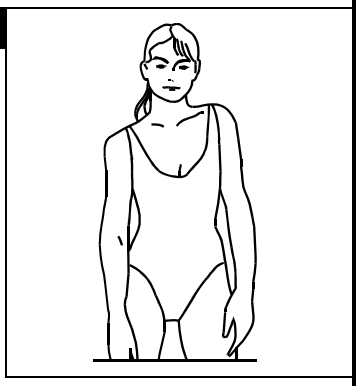
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

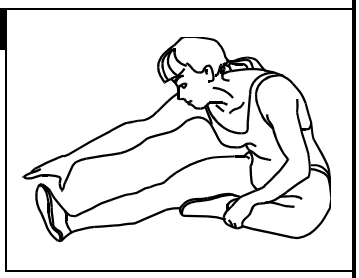


Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

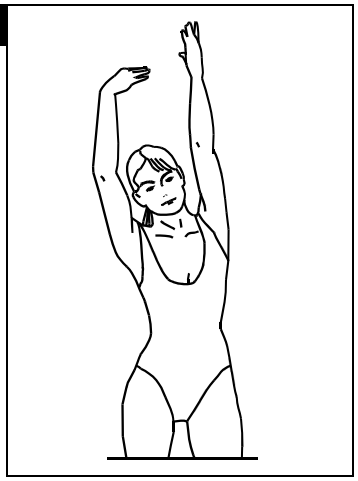
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



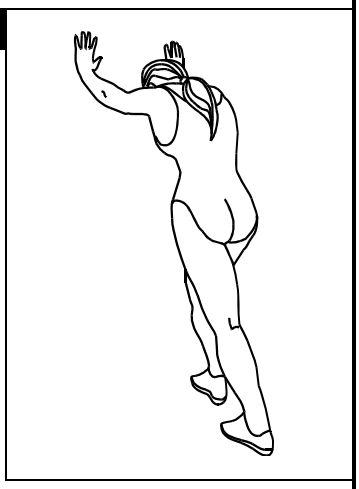
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "JUPITER PLUS" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms " you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "JUPITER PLUS" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "JUPITER PLUS" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

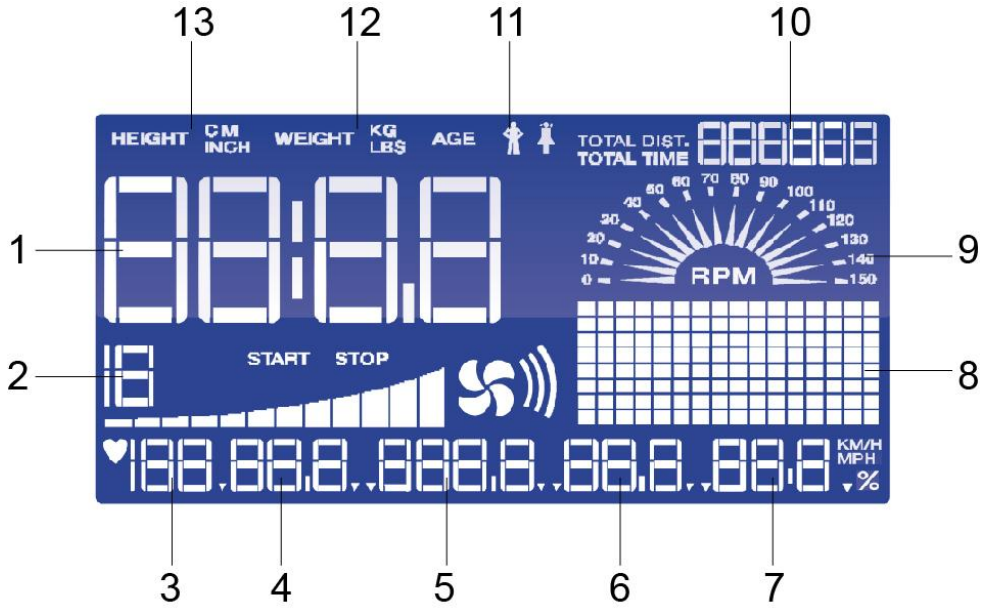
ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

Computer operating instructions

COMPUTER OPERATION

COMPUTER DISPLAY



1.TIME display, the TIME display range is from 0:00 to 99:00. The initial TIME is “32:00”
2.MOTION LEVEL display,the motion level can be adjust from 1 to12 by MOTION button
3.PULSE display, user need to grip the pulse sensor on the upper action handlebar
USER”ID” display,displays and store user data from U1 to U9.
4.PROGRAM display, user can select program from P1 to P10;
DISTANCE display, the DISTANCE display range is from 0.0 to 99.9 km
5.CALORIES display,the calories display range is from 0 to 999
6.WATT display
7. SPEED display, The speed display range
8. 8 X 16 Dot MATRIX INTENSITY LEVEL PROFILE DISPLAY, displays intensity level profile during the workout.
9.RPM display
10.INTENSITY LEVEL display,users can select workout level from L1 to L16
11.GENDER dispay
12.WEITHT display
13.HEIGHT display

COMPUTER OPERATION

BUTTONS AND FUNCTIONS

START button
Press START to begin your exercise.

STOP/ENTER button
Press STOP button to pause the functions during your exercise program.
Press STOP button twice the program will return to power on mode.

INTENSITY UP button
Press the button to increase the RESISTANCE level or set up the program.

INTENSITY DOWN button
Press the button to reduce the RESISTANCE level or set up the program.

ENTER button
Press ENTER button to confirm the program set up.

Fan button
Press Fan button to turn it on , adjust the level by pressing again

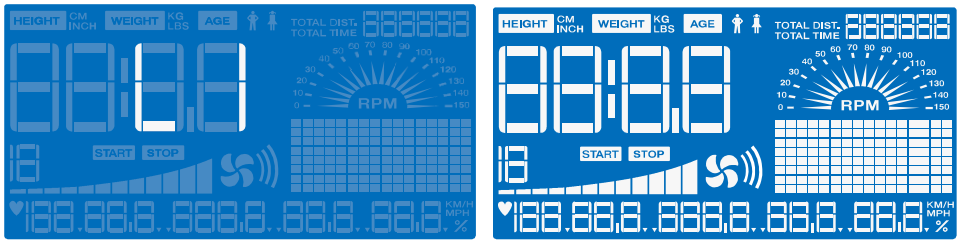
Attention!
Do not operate the computer where the fluorescent lamp point-blank .

COMPUTER OPERATION

COMPUTER OPERATION:

POWER ON

Turn on the power switch at the rear of elliptical, and the computer will reset automatically and "L1" blinks till a "Beep". Then all graphic digits will display



QUICK START:

Press the START button to quick-start exercise

1. Intensity starts from Level 1, press to INTENSITY UP/DOWN
2. Level starts from Level 1, press MOTION UP/DOWN or using the Thumb touch control sensor on the hand grips of the right action handlebar.

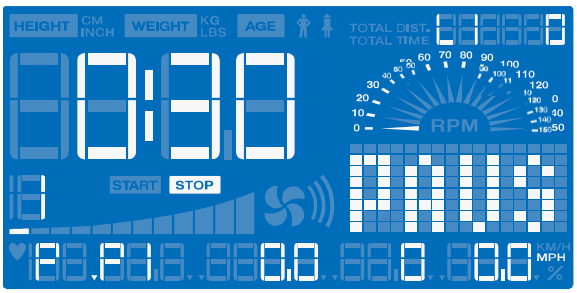
FAN:

First Press: :ond Press: Th

Fourth Press: **STOP**

PAUSE/STOP:

During the workout, press STOP button or STOP pedaling for 30 seconds to enter PAUSE status. The INTENSITY LEVEL Dot Matrix display will show *"PAUSE"*. All figures on the console will be frozen. Press the START button or start pedaling to resume the program and the display will continue the workout until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button, all the data will return to 0 and the computer will return to POWER ON status.



SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it plugged in to keep the LCD lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP/DOWN and START three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr-1"* blinking. Press START button to enter conversion SLEEP MODE function. After Press the START button the computer will display either *"On"* or *"Off"* blinking then press INTENSITY UP/DOWN button to switch between *"On"* and *"Off"* then press STOP/ENTER button twice to return to the POWER ON status.

COMPUTER OPERATION

MP3 Playing

The elliptical console comes with loud speaker, connceting the MP3 audio data line for mobile device with MP3 audio output.Then you can enjoy music.

HAND PULSE SENSOR

Users PULSE can be detected using the hand pulse sensor on the hand grips of the fix handlebars.

You can see the corresponding readouts on the console follow this same orientation.

To use the hand pulse sensor, simply start a program or select START and begin your work out. If you hold the handle pulse sensor in both palms for several seconds, the pulse window will display your heart rate number until remove your palms. This numerical value is only for your reference not for medical date.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

ENGLISH/METRIC CONVERSION:

The elliptical computer display can show ENGLISH and METRIC information. Computer display *"MPH"* is ENGLISH status and display *"KM/H"* is METRIC status. The factory should have the proper setting on this for different markets. In case that the elliptical needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. Set the POWER SWITCH to ON. Then press INTENSITY UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr-1"* blinking. Press INTENSITY UP/DOWN button to select display *"Sr-2"* blinking then press START button to enter conversion METRIC/ENGLISH function.
2. After Press the START button the computer will display either "*KM/H*" or "*MPH*" blinking then press INTENSITY UP/DOWN button to switch between *"KM/H"* and *"MPH"* then press STOP/ENTER button twice return to the POWER ON status.

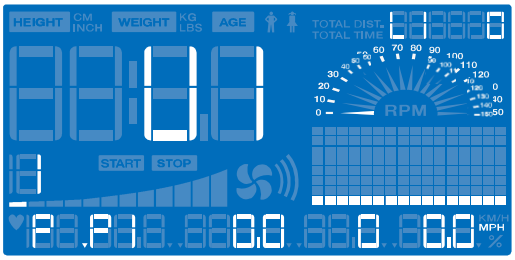
COMPUTER OPERATION

PROGRAM OPERATION INSTRUCTION:

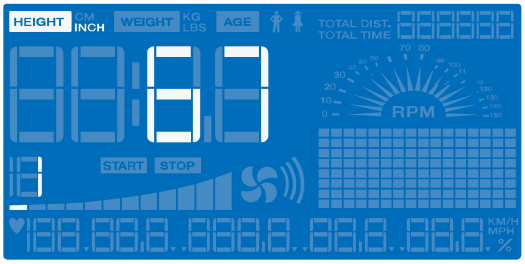
At POWER ON status, press STOP/ENTER button to enter preset PROGRAM MODE and to set user parameters.

SET UP USER DATA:

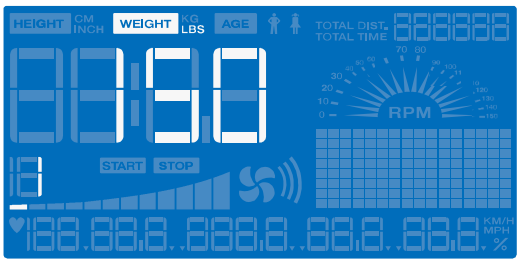
The LCD will show a blinking U1, and will display factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the INTENSITY UP/DOWN buttons to choose the User ID from U1 to U9 and press the STOP/ENTER buttons to enter the user ID shown.



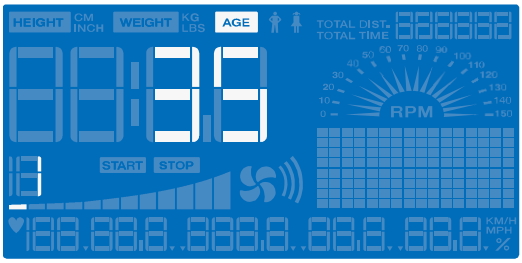
HEIGHT set up – After the User ID set up procedure, the computer will display the default “170(cm)/67” or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user height information then press STOP/ENTER to confirm.



WEIGHT set up – After the User HEIGHT confirmation procedure, the computer will display the default “68(kgs)/150(lbs) o previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user weight information then pres STOP/ENTER to confirm.

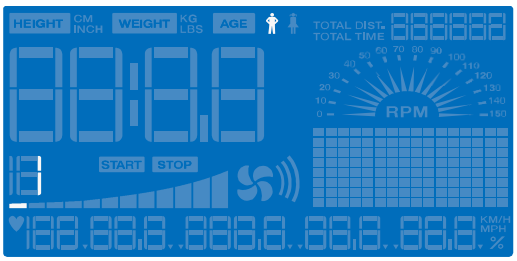


AGE set up – After the WEIGHT set up procedure, the computer will display the default “35” or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user age information then press STOP/ENTER to confirm.



GENDER set up – After the AGE set up procedure, the computer will display the default “man” or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user gender then press STOP/ENTER to confirm.

COMPUTER OPERATION



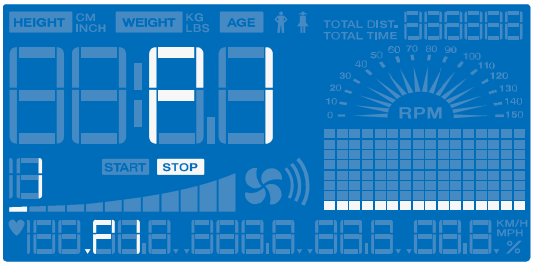
PROGRAM MODE

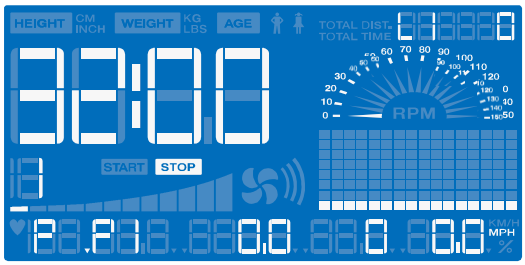
After setting the user GENDER, the computer will display a blinking P1, indicating that the user is now select from P1~10. Press the INTENSITY UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

PROGRAM 1 – TARGET TIME

After enter this program, the TIME display shows the factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

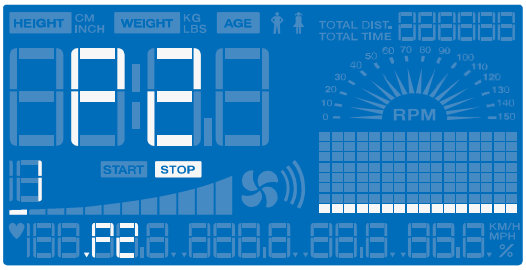


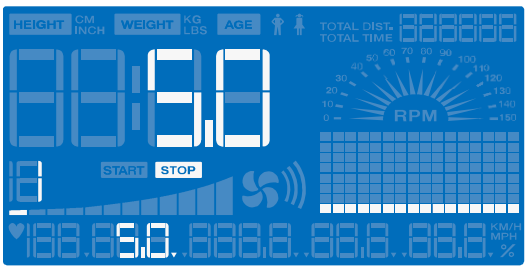


PROGRAM 2 – TARGET DISTANCE

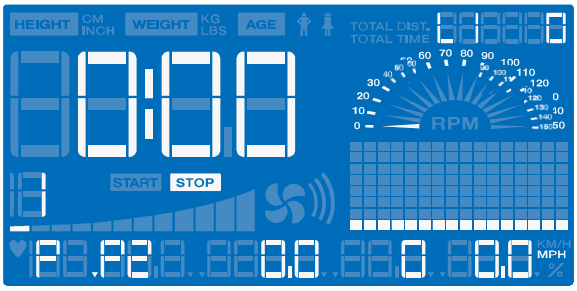
After enter this program, the DISTANCE display shows factory default setting 3.2mph or 5.0km/h. Press INTENSITY UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.





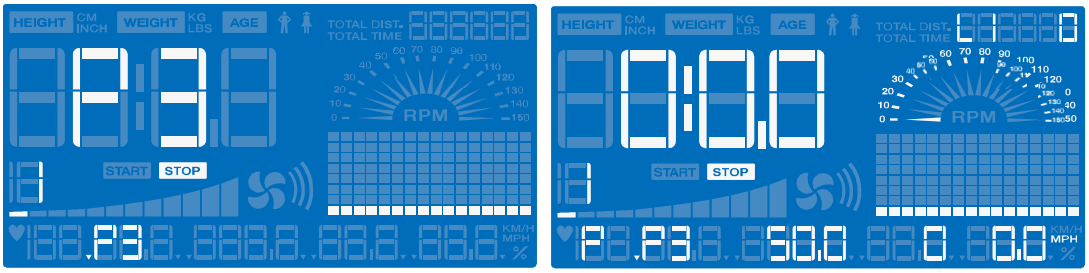
COMPUTER OPERATION



PROGRAM 3 – TARGET CALORIES

After enter this program, the CALORIES display shows factory default setting “50”. Press INTENSITY UP/DOWN button to adjust the target calories and press STOP/ENTER to confirm.

Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.



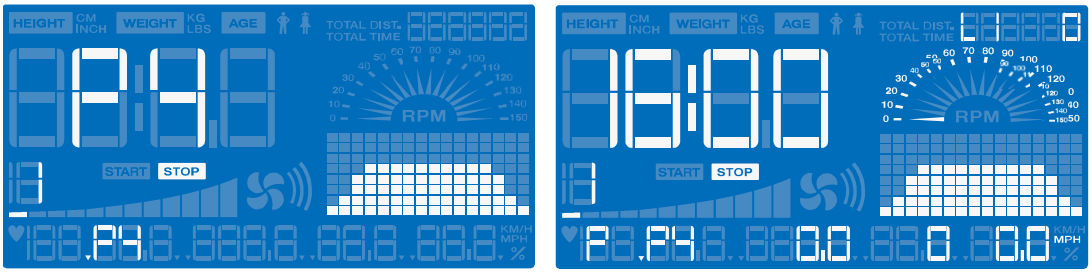
PROGRAM 4 – FAT BURNING

After enter this program, the TIME display shows factory default setting “16:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Fat Burn Program provides 1 to 16 one minute segments.

TIME /zone	**1st Segment**	**2nd Segment**	**3rd Segment**	**4th Segment**	**5th Segment**	....	**13th Segment**	**14th Segment**	**15th Segment**	**16th Segment**
INTENSITY/Level	L1	L3	L7	L9	L9	....	L9	L7	L3	L1
MOTION /Level	1	1	1	1	1	....	1	1	1	1

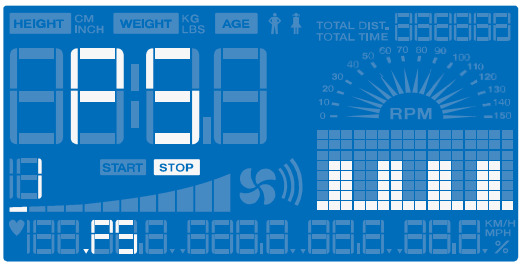


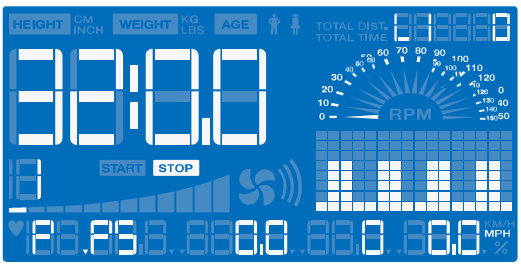
COMPUTER OPERATION

PROGRAM 5 – INTERVAL INTENSITY

After enter this program, the TIME display shows “L1”. This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity from L1 to L8 then press STOP/ENTER button to enter to confirm.
TIME display shows factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.
This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone INTENSITY /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	L1	L9	L9	L1	L1	L9	L9	L1
L2	L2	L10	L10	L2	L2	L10	L10	L2
L3	L3	L11	L11	L3	L3	L11	L11	L3
L4	L4	L12	L12	L4	L4	L12	L12	L4
L5	L5	L13	L13	L5	L5	L13	L13	L5
L6	L6	L14	L14	L6	L6	L14	L14	L6
L7	L7	L15	L15	L7	L7	L15	L15	L7
L8	L8	L16	L16	L8	L8	L16	L16	L8



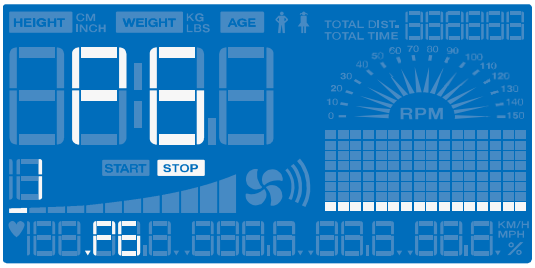


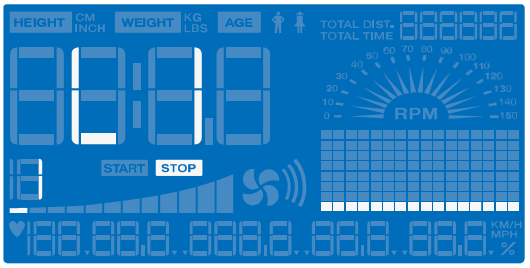
PROGRAM 6 – INTERVAL MOTION

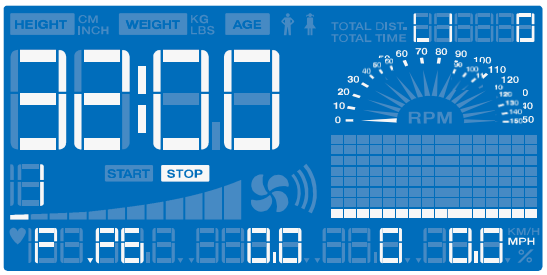
After enter this program, the time display shows “L1”. This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity from L1 to L8 then press STOP/ENTER button to confirm.
TIME display shows factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the INTERVAL MOTION program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

COMPUTER OPERATION

TIME /zone MOTION /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	1	5	5	1	1	5	5	1
L2	2	6	6	2	2	6	6	2
L3	3	7	7	3	3	7	7	3
L4	4	8	8	4	4	8	8	4
L5	5	9	9	5	5	9	9	5
L6	5	10	10	5	5	10	10	5
L7	5	11	11	5	5	11	11	5
L8	5	12	12	5	5	12	12	5







PROGRAM 7 – ENDURANCE

After enter this program, the TIME display shows “L1”. Press INTENSITY UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

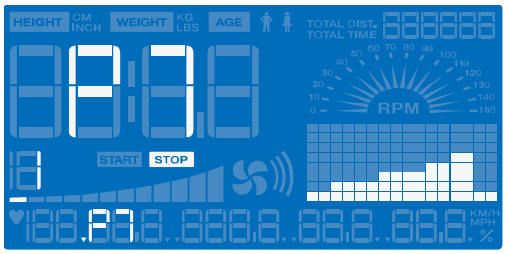
TIME display shows factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

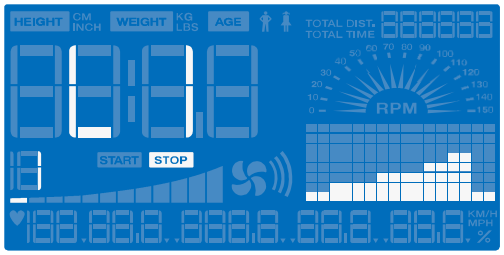
Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

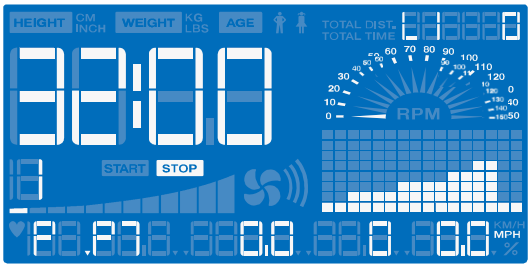
This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments.

COMPUTER OPERATION

TIME /zone . INTENSITY /level / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
L2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
L3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
L4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
L5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
L6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
L7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
L8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8







PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM.

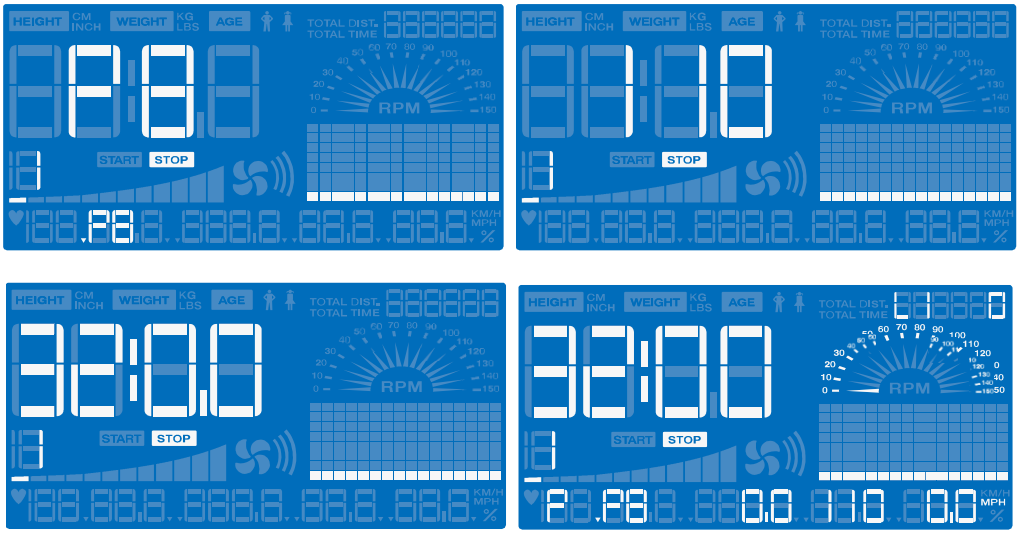
After enter this program button then press the STOP/ENTER to continue the set up procedure.

WATTS display shows factory default setting "110". Press INTENSITY UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target Time and press STOP/ENTER to confirm.

Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

COMPUTER OPERATION



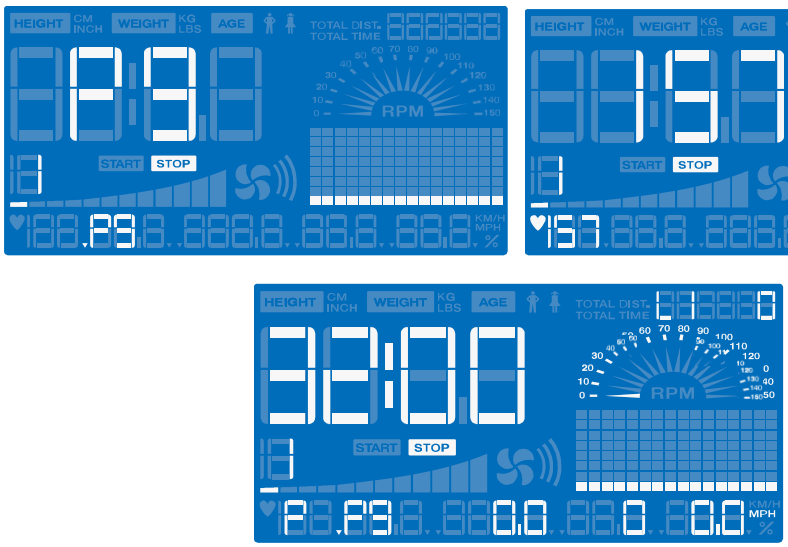
PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: (220pbm-AGE). User's are encouraged to consult with a doctor or personal Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press INTENSITY UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.
After adjust the TARGET HEART RATE, the TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3.00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times. During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 30 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start after finished 3minute WARM UP.
If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.
Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the motion level and intensity level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the MOTION LEVEL will increase 1 level every 30 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 30 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 30 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 30 seconds. The program will continue until the time runs out. If the user's
heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and INTENSITY LEVEL at level 1 and MOTION LEVEL at level 1.

COMPUTER OPERATION

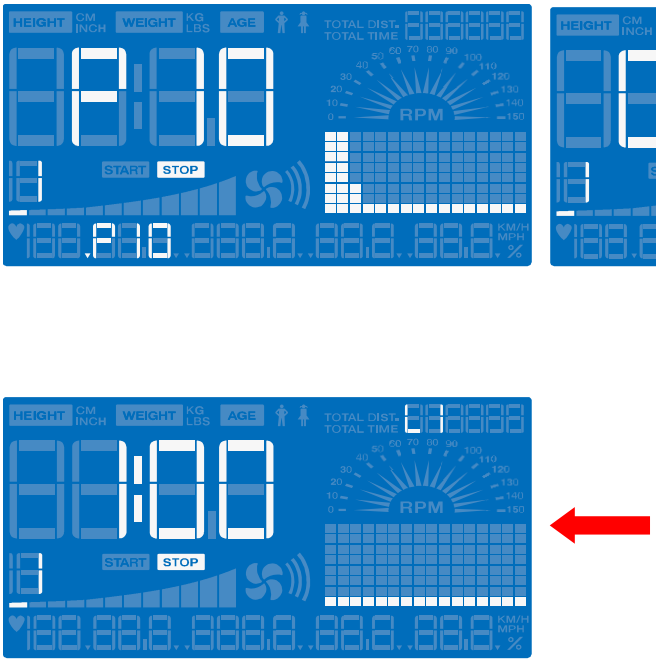


P10: CUSTOMER COURSE

When the user selects P10 CUSTOM program and press STOP/ENTER button, C1 will display and flash on the LCD. The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the INTENSITY UP/DOWN button. Press STOP/ENTER button and hold it for 3 seconds to confirm the selection and then continues to set up.

When the users selects one custom program and enter to set up, the user comes into the INTENSITY WATT, MOTION LEVEL and TIME setting mode. In the display the first minute is flashing. Use INTENSITY UP/DOWN button to adjust the INTENSITY WATT and use MOTION UP/DOWN button to adjust MOTION LEVEL. Then press the STOP/ENTER button to reserve the setting and continue to next minute setting of the program, etc.

After setting up above item, press the STOP/ENTER button and hold it for 3 seconds to confirm ,and then press START button to activate status. The maximum workout time of each user program is 60 minutes.



COMPUTER OPERATION

Main Individual custom program

Press the START button again to begin the exercise program. The LCD display will show the INTENSITY WATT, MOTION LEVEL and TIME status as the user set it.

Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the STOP/ENTER button. To quit the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

Heart Rate Operation

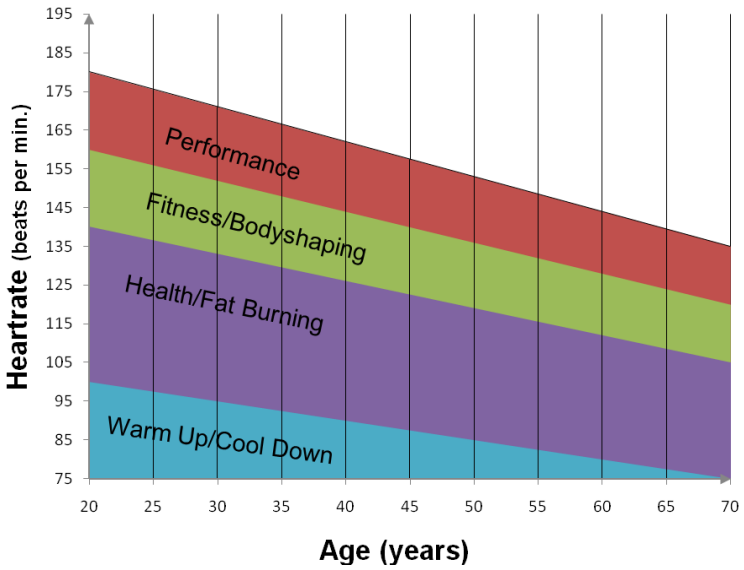
The Jupiter comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

COMPUTER OPERATION

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: **50 – 70% of your max. heartrate**
Fitness/Bodyshaping: **70 – 80% of your max. heartrate**
Performance: **80 - 90% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

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FITNESS